

A \$70 winter heating bill for a 1,700-square-foot house? • See page 12

Volume 29, No. 1, January 1997

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# CAROLINA COUNTRY

Official publication of North Carolina's electric cooperatives



**Amazing  
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IF YOU LIKE TO CUT PATTERNS OUT OF WOOD, THIS IS THE SET FOR YOU! YOU'LL FIND A TREASURE HOUSE OF IDEAS INSIDE. 405 BEAUTIFUL WOODWORKING PATTERNS AND DESIGNS.

(By Frank K. Wood)

FC&A, a Peachtree City, Georgia, publisher, announced today that it is practically "giving away" an all-new set of "405 Woodworking Patterns."

- Welcome signs for every occasion.
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- And much, much more!



Build all these wooden favorites. Illustrated plans include intricately detailed patterns and complete instructions. To order a set, just return this notice with your name and address and a check for \$7.99 plus \$2.00 shipping and handling, and we will send you "405 Woodworking Patterns." Or, for only \$9.99 plus \$2.00 shipping and handling, you can get both the basic set and an extra 100 large patterns.

Plus, as a purchaser of our set of "405 Woodworking Patterns," if pleased, about every two months you will also be eligible for a first look and free trial preview of all companion pattern sets printed in the years ahead.

Send your check along with your name and address to: FC&A, Dept. AKB-1, 103 Clover Green, Peachtree City, GA 30269.

You get a no-time-limit guarantee of satisfaction or your money back.

You must cut out and return this notice with your order. Copies will not be accepted!

**IMPORTANT — FREE GIFT OFFER**  
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All orders mailed by February 19, 1997, will receive a free gift, "50 Special, Seasonal, Woodworking Patterns," guaranteed. Order right away!

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WHY ARE WE PRACTICALLY "GIVING AWAY"



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(By Frank K. Wood)

FC&A, a Peachtree City, Georgia, publisher, announced today that it has released for sale an all-new collection of more than "101 Iron-on Transfer Patterns."

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"We're so positive that Roach Kill will kill every last roach in your house that we'll send you a free gift just for trying it."

## "ROACHES!"

I HAD THEM BY THE HUNDREDS, BUT NOW I DON'T HAVE A SINGLE ROACH"

(By J. Robson)

Have you ever seen a roach run out of a bowl as you were about to put food in it? Well, I have. Just turn out the lights and an army of roaches would attack the whole house.

I had tried smelly sprays and other insecticides to get rid of them. But they just kept coming back. Nothing worked for very long, but then . . .

A friend told me about an amazing powder, Roach Kill, that killed all her roaches. I tried it, and it worked like a miracle. It killed them all for good. Now I don't have a single roach.

Roach Kill is an odorless, white powder. Roach Kill is applied in seconds from a squeeze bottle behind appliances.

The secret is in the fact that it's odorless. Roaches can't smell it, so they don't avoid it like they avoid smelly spray insecticides. Instead, they walk right over it. They pick up a little bit on their legs and carry it back to their hidden nests in the walls. There, it wipes out the whole colony that breeds new roaches.

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Roach Kill is so incredibly effective it has a double-your-money-back guarantee. Roach Kill is guaranteed to wipe out every roach in the house or apartment with one treatment, or we'll send the customer double his money back.

All a customer has to do is return the empty bottle to us with a note that he saw even one single roach after trying it according to the simple directions.

To order a bottle, just return this notice with your name and address and a check for \$7.99 plus \$2.00 shipping and handling, and we will send you a bottle of Roach Kill. Or, for only \$9.99 plus \$2.00 shipping and handling, you can get a large, economy-size bottle big enough to treat your whole house, including your garage and basement.

Send your check with your name and address to: FC&A, Dept. VKB-1, 103 Clover Green, Peachtree City, GA 30269.

You get a no-time-limit guarantee of satisfaction or double your money back.

You must cut out and return this notice with your order. Copies will not be accepted!

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**CAROLINA COUNTRY**

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than 356,000 homes

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North Carolina's Electric Cooperatives  
(800) 662-8835

North Carolina's electric cooperatives provide reliable, safe and affordable electric service to 650,000 homes, farms and businesses in North Carolina. The 28 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

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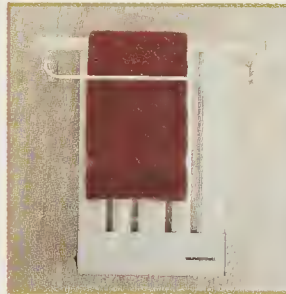
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**On the Cover**

Rainbow Gun Club, by Joy Nethercutt. The buildings on the Roanoke River in Bertie County at Hamilton are served by Edgecombe-Martin County EMC. The club was incorporated in 1922, and members later built the club house and cabins themselves. Joy Nethercutt, a life-long artist, teaches in the Greene County schools. A limited number of prints of her painting are available. Contact Jerry B. Jones at (919) 747-2634 (evenings) or (919) 747-8485 (weekdays).

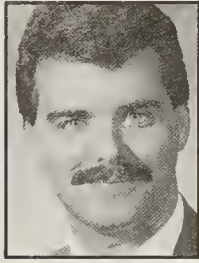






## We're ready for gradual, thoughtful change

By Thomas M. Stackhouse



As the 105th Congress gets underway this month, we can expect this year's session to consider proposals for restructuring the electric utility industry. We also can expect news from around the country about state government ideas to change the way states regulate electric utilities.

Carolina Country and your cooperative's newsletter will keep you informed as these issues arise.

It is important for you to take an interest in these issues, because you are, after all, an owner of the system that delivers your electricity. If you need more information about restructuring, or if you just want to discuss it, make sure to let your cooperative know.

North Carolina's electric cooperatives are prepared for a restructured business environment. Our principal power supplier, the North Carolina Electric Membership Corporation, is the nation's largest single buyer of wholesale electric power. We know what we're doing when it comes to buying power on the open market. As we see the power market opening up even wider under a deregulated system, we have positioned ourselves to be flexible in choosing sources of power, while at the same time realizing the advantages of solid contracts for a reliable power supply, such as we have through our part-ownership in Catawba Nuclear Station and contracts with other utilities to purchase power.

Otherwise, we expect change to occur gradually and thoughtfully. Our aim is to keep the consumer in mind at all times during the process.

Recent history gives us good reason not to change too quickly. We've learned from past efforts to deregulate that what at first looked great to everyone, has ended up costing a lot of people more.

The natural gas industry was deregulated several years ago amid promises of reduced bills for everyone. In fact, today the average residential consumer has seen natural gas bills increase.

A few years ago Congress deregulated the cable television industry amid expectations of reduced monthly cable bills. Today, newspapers across the country are reporting that the average monthly cable bill is up nearly 10 percent since deregulation.

In the airline industry, we've seen that while some of the largest cities in the United States have benefited, many cities and towns have

seen dramatic increases in airline fares and decreases in airline service — another example of how deregulation has not helped everyone.

For generations, the electric utility business has been a government regulated industry. While no one can say for certain what the final outcome will be, you will certainly have a greater degree of choice and a wider variety of service options to meet your energy needs.

Already a few states are implementing pilot programs to see how different changes to the electric utility industry will affect consumers. At present, North Carolina's policy is to stay informed of these initiatives rather than to experiment with one of them now. As these pilot programs move forward, your local electric cooperative, in partnership with other electric co-ops around the country, will stay on the front lines of the effort to make sure you benefit as much as possible from these changes.

These key points are guiding our work for you:

- All consumers should be treated equitably — no single group of consumers should benefit at the expense of others.
- Consumers who stay with their current utility should not have to pay for investments in utility equipment left idle by consumers leaving the system.
- All energy suppliers — not just utilities — should be subject to the same rules and standards.
- All consumers should have access to electric service.
- The safety and reliability of electric service must not be jeopardized.
- Defined delivery service areas should be maintained to avoid costly duplication of utility infrastructure.

There are real opportunities to change the electric utility business to give all electric co-op consumers greater flexibility and choice in the types of energy services they want. Everyone involved in the industry will not agree on the rules to realize the opportunities, and we expect plenty of political rhetoric this year. But because your co-op is a locally owned, private business, it will continue to fight for the people who own it — you and your neighbors.

*Thomas M. Stackhouse is manager of Central Electric Membership Corporation in Sanford, serving more than 12,000 members. He is also president of the North Carolina Association of Electric Cooperatives.*

## Hard times

by Paul E. Honeycutt

There was a time when a person could set a clock with one small knob. It was so easy it was fun. Those days are gone and a clock is not easy to set now, no matter if the clock is in the house or in the car.

In the fall and spring the clock should be changed one hour back or one hour up so you will be on time wherever you go.

But before setting a new clock today you must read part of a

book that looks like Greek, and even then it is hard to understand how to set a clock.

After reading the book and fussing awhile and shedding a few tears, you may realize it is better to keep in mind that the clock is an hour off than to have high blood pressure or even a heart attack.

*Paul E. Honeycutt is pastor of Union Grove Baptist Church in Salemburg.*



Jackie Pittman



## Mailing lists are not traded

Lawrence W. l'Anson, of Portsmouth, Va., recently asked if we trade or sell our mailing list to direct marketing agencies or anyone else. The answer is no.

The Carolina Country mailing list is composed of lists maintained monthly by each of the cooperatives who send the magazine to their members. We also have a list of subscribers who are not cooperative members, but who pay for their own yearly subscription. None of these lists is for trade or sale.

## Individual yearly subscription is now \$8

Most of North Carolina's electric cooperatives send Carolina Country to their members as a means to inform them of issues related to the electric utility industry and rural North Carolina. Individuals are welcome to subscribe on their own, however. Beginning Jan. 1, the price of a one-year subscription to Carolina Country for readers who are not co-op members rose to \$8 for 12 monthly issues. It's still a good deal. Use the coupon on page 37.

## Who's buried in Grant's tomb?

In the November 1996 issue, Owen Bishop's "Journal" quoted a story written by Albert Klar Ogden of Stanbury Park, Utah. Mr. Ogden referred to Ulysses Simpson Grant. Ulysses Grant's middle name was not Simpson, nor did he have an "S" in his name. His real name was Hiram Ulysses Grant. The "S" attributed to his middle name was added by someone when he was being enrolled in West Point. At the time he did not think it would make any difference. So it stuck.

*Joyce A. Carter, Maggie Valley*

## Looking out for Logan

Our friend and associate Hank Smith, author of "Hank's Gardening Guide," lost his wife, Sara, to cancer in October. In a letter to Owen Bishop, Hank wrote,

"If you and yours do not have a Living Will, I suggest you give it serious thought. Sara's Living Will prevented her having extra pain, and my family extra grief.

My daughter and son-in-law did a wonderful job in preparing my 6-year-old grandson for Sara's death. The following conversation took place on Saturday after the funeral, as Rame went with me to walk Logan, our dog.

**Rame:** Papa, when Logan dies will he go to heaven like Grandmother?

**Papa:** I believe he will. The Bible tells us that all God's creatures will be there.

**Rame** (who became very silent in deep thought, then gave a hearty laugh): Won't Logan look funny, flying around with wings like Grandmother has, wagging his tail 'cause he's so happy to be with her.

The Good Book tells us to have the faith of a little child, and we'll enter as one."

## Arthur Barlowe is still with us

Arthur Barlowe of Randolph County called to thank us for recalling the landing of the English Capt. Arthur Barlowe on the North Carolina coast in 1584 ["An Earlier Thanksgiving," November 1996]. Mr. Barlowe moved here from New Jersey in 1979, but when his neighbors ask when he arrived, he says 1584. "They don't believe me" he said. "But now I can show them where it says so in the magazine." He also said he appreciates the service his household gets from Randolph Electric.



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# What Would You Do With An Extra \$3,600 to \$12,000 per year?

## How to Get a Fast Mortgage Loan To Pay Off All Your Bills\*\* (Even If You've Been Turned Down By A Bank Or Mortgage Company)

Rockingham, N.C. - Ray and Becky were frustrated. They'd bought the house 12 years ago and it was five years old when they moved in. Becky laughed out loud when she thought back to that time. Back then it seemed so big and beautiful. But now, 12 years and 3 kids later, the house felt small and run down. The house needed a new roof and her two youngest girls, Emily and Katie, were doubling up in the small 10 x 12 bedroom. Five years ago, Ray and Becky had a contractor come and talk to them about a new addition. Becky remembered how excited she and Ray both were. They even paid to have the plans drawn up. But that was the year before Ray lost his job at the plant. She poured herself another cup of coffee and recalled how depressed they both were. It was over a year before he got another job. And during that time, they got behind on everything.

### No Summer Vacation

They were so strapped for money one summer, they couldn't even take Emily and Katie to the beach for a few days for their annual vacation. Sure they finally got all caught up when Ray went back to work, it took them two years and by that time it had ruined their previously perfect credit record, it was a vicious cycle. You know, getting paid on Friday, sitting down on Saturday to pay bills and running out of money before all the bills are paid.

### "I Hit A Brick Wall"

After they got caught up they tried again to borrow the money for the addition. First they got turned down by the local bank, then a mortgage company in town rejected them. They just kept hitting the same brick wall. Even though Ray had gone back to work in another carpet mill making MORE money, the late payments that showed up on his credit reports scared the local banks and mortgage companies away. Ray felt like he was working JUST to pay his monthly bills and doing nothing for himself, Becky or the kids. Then he ran into Harvest Mortgage Company. Harvest helped him get a loan to pay off all his bills and consolidate everything into one single payment that was \$358 lower than he had been making. That saved him a whopping \$4,296 per year, TAX FREE. In the first year, that was enough money to close in the back porch, AND enough left over for new bikes for the kids.

### Home Equity is the Key



Carole Eskew, Sr., V.P.

"If you have a minimum of 20% equity or more, there's a good chance we can help you save a lot of money every month by combining old bills and your old mortgage into one

new and much lower payment. Or, we can help you get cash out of your home to buy a vacation home, start a business, whatever."

Compare your budget to this:

Amt.	Owed	Payment
\$12,000	2nd Mortgage	\$200. <sup>00</sup>
8,500	Auto Loan	375. <sup>00</sup>
2,000	VISA	100. <sup>00</sup>
2,000	MasterCard	100. <sup>00</sup>

**\$25,000 Current Payment \$775.<sup>00</sup>**

#### -After Harvest Mortgage -

New Payment: \$187.<sup>82</sup>/mo.

APR 9.077% / 30 yr. term

**You Save: \$587.<sup>18</sup>/mo., \$7,046.16/yr.**

*\* Rates subject to change*

"I couldn't believe it. We closed our loan 9 days after the first day I talked to them on the phone."

Debbie C., Dallas

"We ended up paying off all our bills and rolling them all into one single payment. After we did, our total monthly payments dropped by almost \$400 per month."

Billy and Judy., Columbus

"Thanks to you and your great company, we feel reborn. Words can not express the relief we feel. We are so glad this battle with the bills is almost over."

James and Laurie C.

### Recent Loans Include:

- A \$45,000 loan to a borrower in bankruptcy.
- A \$100,000 loan to a borrower who couldn't verify income through tax returns.
- A \$95,000 bill-consolidation loan that saved the borrower over \$8,100 per year and a whopping \$124,000 over the loan period.

*(No singlewides, please)*

### No Ivory Towers

"When you apply for a loan at Harvest Mortgage, your loan request is reviewed and decided upon by the people right in our office," says a Harvest executive. He added, "Since we are direct lenders, we don't send the information to some guys off somewhere in New York or California. We review and approve loans right here in town locally."

### Fast Approval and Closing

That means we can get your loan closed in a matter of days, and you never have to go out of your living room until you're ready to close."

### Loan For Purchase or Refinance

Harvest Mortgage officials report that whether you are buying, refinancing a house, just looking to consolidate some bills, get cash for your property, they have created programs to give you the money you're looking for. Different loan programs include:

- Loans to Borrowers with good credit, with the most competitive rates in the country. These are available for purchasing a new home or refinancing.
- Loans to borrowers with a lot of equity homeowners who have slow credit or have even been bankrupt.
- Cash out loans for investment property with a lot of equity.
- Loans for borrowers who want to do additions or remodel their homes.

### Check This Out For Free

To see how much money you may be able to get and exactly how much your payments would be, you can check it out by just picking up the phone and calling us. Be sure to ask for Carolyn Reid at **1-800-972-LEND (5363)**. Or for a **FREE** report on **HOW Harvest Mortgage** can work for you, call toll-free **1-888-697-LOAN (5626)** for a 24-hour recorded message. All of this doesn't cost you a dime, so you owe it to yourself. Don't put this off any longer. Do it now while you're thinking about it! You have got nothing to lose and everything to gain. Call Now!

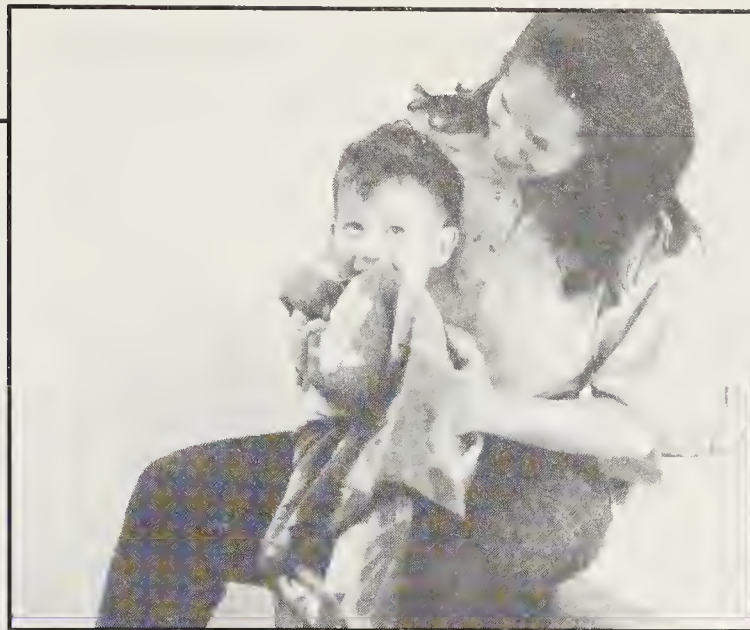
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Plan is underwritten by United States Life Insurance Company.



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# Go Electric

A consumer's guide to  
new appliances for  
the all-electric house.

By Sharon O'Malley

## Kitchen

**Trac lights.** Energy-efficient low-voltage halogen lights produce a clean, white light that's perfect for work spaces. Linear lighting provides indirect task and display lighting in small spaces under or even inside of cabinets and above sinks. Prices vary depending on the number of lamps you install. Juno's Trac 12 miniature low-voltage trac lighting system runs about \$96 per 4-foot strip. Look for it in stores that sell light fixtures, or call 847-827-9880.



**Convection microwave oven.** Four-way cooking — convection, microwave, broil and combination — allows you to cook any food that is cooked in a convection oven in the microwave in a fraction of the time. Even broiled chicken, roast beef, cakes and breads come out brown and perfect. Sharp's convection microwave oven, which sells for \$699.95 at stores that sell consumer electronics, includes a sensor that senses when food is cooked and a defroster that computes defrosting times. Call 1-800-BE-SHARP for more information.



**Convection thermal oven.** In the back of a convection oven, there is a heating element and fan. The fan distributes heat evenly through the oven. Whatever you cook — cookies, meat, pizza — is bathed in this constant flow of air. Your food cooks evenly and quicker than in a regular oven because the heated air is circulated through the oven. Thermador's convection oven includes warming drawers designed to keep the temperature and texture of foods perfect until you're ready to serve. Prices range from \$1,600 to \$3,500 for a double oven. Call 800-656-9226 to locate a dealer near you.



## Jet stream oven.

Jet stream ovens cook meals with high-speed hot air, up to three times faster than a regular oven. You can cook a 20-pound turkey in one, for instance, in less than three-and-a-half hours. Unlike microwave ovens, Jet stream ovens brown and crisp meats and vegetables.

American Harvest's Jet-Stream Oven expands to four sizes for cooking a whole meal at once. The price is \$159.95. You can order one by calling 800-288-4545.



## Range hood.

Range hoods are notoriously noisy, so manufacturers have designed quieter versions in sleek styles that go with many kitchen decors. The Finesse range hood by Broan, the 30- or 36-inch, has a powerful yet quite centrifugal blower, lights, dishwasher-safe filters and speed



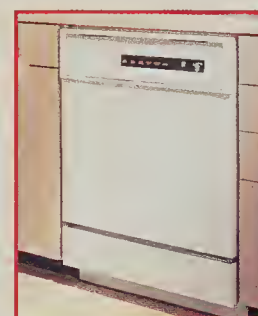
controls. It comes in white, almond, black or stainless steel, and costs \$342 to \$396. Call 800-558-1711 to find a dealer near you.

**Dishwasher.** State-of-the-art dishwashers do the thinking for you. They have electronic sensors that measure how dirty your dishes are and automatically adjust the

water level and time of cycle to save energy and money. GE Appliance's Clean-Sensor dishwasher contains a veritable electronic laboratory. It's available at consumer electronics stores for \$499 to \$649. Call 800-626-2000 for more information.



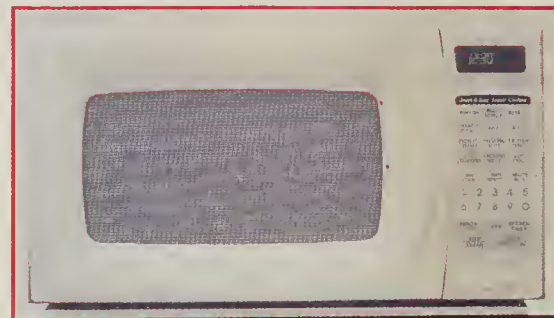
"CleanSensor" dishwasher



"Intellisense Plus" dishwasher

Likewise, Maytag's IntelliSense Plus dishwasher monitors water temperature and cycle times for optimum cleaning — and saves up to 21 percent in energy, 27 percent in water and 19 percent in wash time. It sells for \$799 at appliance stores. Call 800-688-1900 to find a dealer near you.

**Microwave oven.** The newest microwave ovens are "smart" enough to make the cook's job easier than ever. They sense vapors emitted from food as it cooks to determine cooking times and provide no-guesswork cooking and reheating. Sharp's Smart & Easy sensor microwave ovens have 1,000 watts of power and one-cubic-foot interiors. They sell for around \$270 at stores that sell consumer electronics. Call 1-800-BE-SHARP to locate a dealer near you.



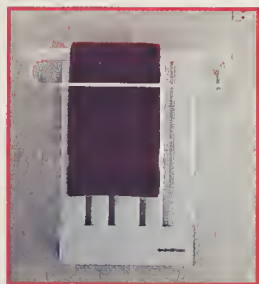


## Bathroom

**Radiant panels.** Connecticut-based ENERJOY has introduced a product that allows you to get heat right where you need it, when you need it. And where do you need it more than in the bathroom, first thing on a January morning? ENERJOY's Radiant Peopleheaters are panels that you can install on the ceiling; they save an average of 52 percent in heating costs over electric baseboard heating. An average bathroom will cost \$399.95 to equip. Call 800-544-5182 for information.



**Electric towel rack.** A warm towel on a cold morning can make waking early a bit easier. Mr. Steam's WarmATowel heats quickly and uniformly with a generous stream of forced warm air. Room-temperature air is efficiently heated and driven upward through vertical panels, where it is captured by the towel. It will even have a warm towel waiting for you when you reach the bathroom (thanks to its programmable timer). WarmATowel prices range from \$895 to \$995. It's available at kitchen and bath showrooms. Call 800-767-8326 to locate one near you.



**Electric skylight.** A windowless bathroom, a hallway or a gloomy bedroom on the shady side of the house are candidates for a tubular skylight. This skylight collects outside light and directs it down from tubing installed from the roof to a light diffuser in the ceiling. Solatube comes in four models: an original 10-inch diameter system, a 16-inch diameter system, a 10-inch diameter ventilation system designed especially for bathrooms, and a system that incorporates a light fixture in the 10-diameter Solatube. Prices are under \$500. Call 800-773-7652 for more information.



## Bedroom

**Electric fireplace.** There's nothing more cozy and romantic than a flickering fire in the hearth, but in most places, wood-burning fireplaces are not allowed in the bedroom. Now you can cozy up to an electric fireplace — in any room of the house. Electric fireplaces require no installation — just put it against a wall and plug it in. Rustic Crafts makes units with an optional 5,000-Btu heater that costs around \$42 a year to operate. Fireplace prices range from \$829 to \$1,900. They're available from fireplace dealers around the country. Call 717-969-1777 to find one near you.



## Living/Dining Room

**TV/VCR.** Big-screen television sets are popular, but where do you put them? Manufacturers are saving space by combining the TV and VCR all in one unit. Sharp's large-screen combo turns a family room into a home theater with a 31- or 35-inch screen, an on-screen programming guide, closed caption option, parental control and other options. The sets run from \$1,699.99 to \$2,199.99 at stores that sell Sharp products. Call 1-800-BE-SHARP to locate a dealer.



**Home theater.** Most people have almost all of the elements of a home theater right in their living rooms: a TV or VCR. Add a video projector and you're on your way. Sharp Electronics' SharpVision line of projectors combines high-quality home theater visuals with easy installation. Some models have a motorized lens to minimize image distortion, bright lamps and high resolution. Prices range from \$2,495 to \$9,995 at electronics stores. Call 1-800-BE-SHARP for more information.



**Surge protector.** Protect your expensive electronic equipment — from TV sets to computers — by plugging it into a surge protector. You can buy one at any store that sells consumer electronics, or call your electric cooperative for advice. Surge suppression is vital to the health of your electronic equipment, which can be damaged by unexpected power outages or temporary surges in electricity. Surge protectors block errant power from reaching your equipment. American Power Conversion's Personal SurgeArrest costs \$24.95. Call 1-800-788-2208 for more information about it.



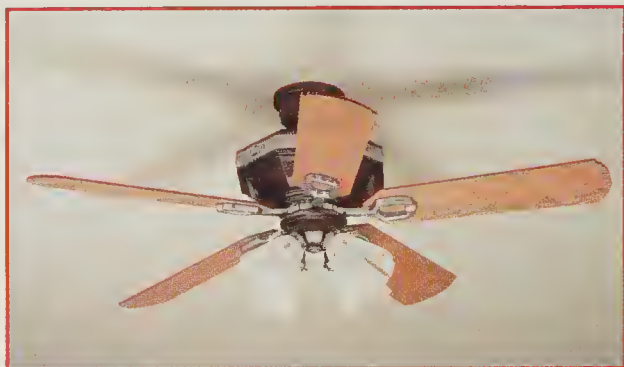
**Electric thermal storage heater.** If your electric cooperative offers an off-peak heating program, chances are you'll want an electric thermal storage heater to take advantage of it. The price of electricity is cheaper late at night when there's little demand for it. An ETS system stores that lower-priced electricity for use during the day, when electricity prices are higher. A Steffes ETS room unit starts at \$600. Whole-house systems run from \$1,700 to \$3,500. Call your co-op or 800-859-3045 for more information.



*Continued on page 10*



**Ceiling fan.** Ceiling fans are great for circulating air in both summer and winter. But today's models do much more. Hunter Fan Co. offers a technologically advanced model with a programmable fan and light. The fan's speed and air flow direction can be programmed to run according to the temperature of the room. The light can be programmed to turn on and off at pre-set times or randomly. The brain of the fan is in its Comfort Monitor, a remote control that fits in a wall-mounted holder or a hand-held one. It comes in two styles and ranges in price from \$229 to \$299. Call 800-4HUNTER to find a dealer near you.

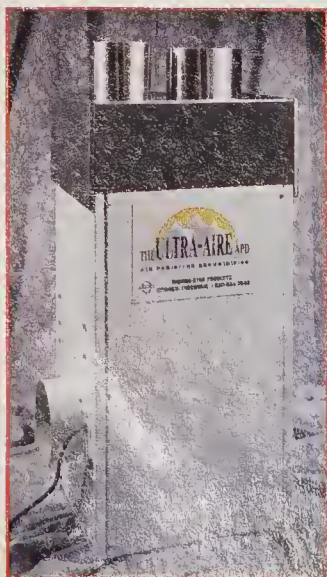


## Utility

**Heat pump.** A heat pump can heat and cool your home. In the winter, it captures the heat that is always present in the outside air — even in cold weather — and pumps it into your home. In summer, it's an air conditioner, pulling heat out of your home and releasing it outdoors. Some heat pumps have Seasonal Energy Efficiency Ratios of more than 14, which means they are engineered to operate with high efficiency and low operating costs. That means lower utility bills. Trane's super-efficient heat pump has a two-speed fan, a sound insulator, a programmable thermostat and other features, and costs around \$4,000 installed. Look for Trane dealers in your local yellow pages or visit the company's Internet site at <http://www.trane.com>.



**Air purifier.** Mold, dust mites and bacteria can make allergies and asthma flare up — right in the sanctuary of your home. You can clean your air with an electric air purifier designed to bring fresh air in as it flushes airborne pollutants out of the house. The Ultra-Aire air purifying humidifier brings fresh air in, mixes it with indoor air and filters both to remove airborne particles. After filtering, this clean air is dehumidified if necessary. Call 800-533-7533 to find an Ultra-Aire dealer near you. The air-purifying humidifier ranges from \$1,376 to \$1,638.

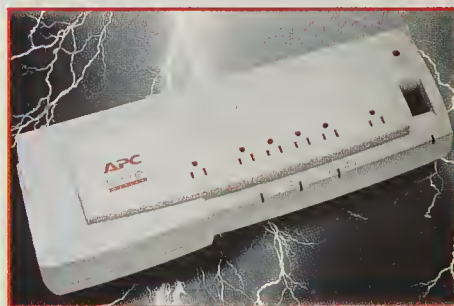


**Front-loading washing machine.** It's smaller on the outside, but the popular front-loading washer holds as much laundry as top-loaders. Asko's top-loader, because it's energy efficient and saves on water, electricity, detergent and bleach, will pay for itself in about five years. And you can load and unload it while you're seated! The washer is sold at appliance stores and by local distributors (call 800-241-9152 for a list) and costs between \$1,199 and \$2,000.



## Home office

**Surge protector.** Chances are, you have thousands of dollars worth of sensitive electronic equipment in your home office, ranging from a computer to a copier to a fax machine. The delicate electronic components on any of that equipment could be permanently damaged in a second — if lightning strikes or if there's a blackout. Protect it with a surge protector that's specifically designed for



home offices. Manufacturers of many such products will pay to replace your ruined equipment should their protection fail. Back-UPS Office, a surge suppression by American Power Conversion, offers a single strip for your computer equipment and phone lines (for modems). It costs \$179.99. Call 1-800-788-2208 to find a dealer near you.

## Garage

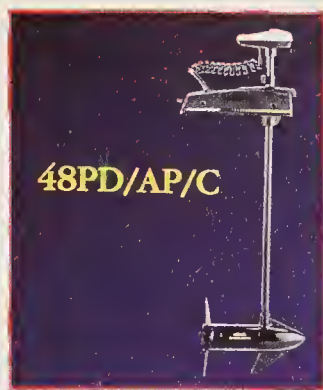
**Electric car.** They were a long time in coming, but the first electric cars are parked in driveways and garages in California and Arizona. Drivers can lease a sleek-looking General Motors EV1 for \$33,995 (the price may be reduced by tax credits) plus \$1,995 for a wall-mounted battery charger.

The EV1 rides for about 90 miles before needing a three-hour charge. GM estimates it will cost between \$126 and \$420 in electricity each year to keep an electric car on the road. North Carolinians won't be able to lease the EV1 until GM expands its launch market; then, the cars will be for sale by Saturn dealers. Call 1-800-25-ELECTRIC for a brochure.





**Electric motor.** Don't let a noisy gas-powered boat motor scare the fish away. Try a quieter electric version. The Minn Kota PowerDrive AutoPilot is the only electric trolling motor that automatically keeps your boat on course while you fish. It steers for you, even in wind and current, so you can devote all your attention to your rod and reel. It's available in a variety of sizes. Model 48PD/AP/C (shown) costs \$650. Call 800-227-6433 to find a dealer near you.



**Cordless power tools.** It used to be that you had to buy a separate charger for every tool in your tool shed. Not any more. Black & Decker's VersaPak has one common charger for a family of cordless products, including drill, saw, sander, vacuum, screwdriver, snake light, flashlight, jig saw, circular saw, broom, blade trimmer, grass shears and shrubber. It's available at Black & Decker outlets, home centers and hardware stores. Call 800-54-HOW-TO for more information.



**Electric bicycle.** If the newly available electric car is too rich for you, try leaving your smog-emitting car at home and riding an electric bicycle around the neighborhood. The BAT ElectroBike cruises at 18 miles per hour for up to 15 miles without recharging. Electric bikes have been on the market for around 50 years but are newly popular because of their lightweight batteries and motors. They're available for \$999 at bicycle shops. Call 818-565-5555 to find a dealer near you.



## Yard

**Leaf blower.** Toro's Super BlowerVac claims it's the most powerful leaf blower you can buy. Its 190 miles-per-hour stream of air powers away leaves and heavy debris, and it serves as three powerful tools in one — blower, vacuum and mulcher. The vacuum includes a shredder that can reduce up to 10 bags of leaves



into one. Prices range from \$65 to \$75. You'll find the Super Blower Vac at hardware stores and home centers.

**Cordless electric lawn mower.** Rechargeable electric lawn mowers are quiet, have no emissions, are easy to start, require almost no maintenance and they eliminate gas spills. Toro's new CareFree model features a "smart" charging system; it charges your batteries without taking them out of the mower. The charger is right on board. All you need to do is plug it in, and the charger tells you when your mower is ready to go. Prices range from \$249 to \$469. Black & Decker's cordless mower has an 80 percent efficiency rating. Its charger lets you know when it's ready to go, and a fuel gauge measures how much charge is left. It costs \$400. Both brands can be found at home centers.



**Path lights.** Fluorescent path lights are great for outdoor entertaining and anytime security. Tiers of light generally are directed downward so the light is in the landscaping, not in your eyes. Kichler's die-cast aluminum path light comes in three textured finishes. Each unit is 120 volts and costs between \$99 and \$110. They can be found at home centers and garden stores.



Sharon O'Malley's buyer's guide to new home electrical appliances will appear in *Carolina Country* from time to time during 1997.





# Electric heat for \$70 per year?

By Carla Burgess

**C**an you imagine a total winter heating bill that never rose above \$70? One North Carolina house has enjoyed this luxury for 15 years now.

With heat generated mostly by the sun, the Solar House at North Carolina State University in Raleigh keeps 1,700 square feet of living space at 70 degrees and extends a warm welcome to 20,000 guests each year. The visitors are homeowners, builders, teachers, students and other visitors curious to see — and feel — solar energy in action.

The Solar House celebrated its 15th anniversary in December with the lighting of a Christmas tree powered by photovoltaic (PV) cells. The PV units captured sunlight during the day, converted it to electricity and stored the energy in batteries to illuminate the tree at night.

"There are now 200,000 homes in the world that get their lighting, their fans, the power for their radios and TVs from small photovoltaic systems like that," says Larry Shirley, executive director of the N.C. Solar Center. The center, established in 1988 and housed at the Solar House, is a clearing-house for solar information.

Other "active" forms of solar energy, including solar water heating, are on display

year-round in the functioning three-bedroom, two-bath Solar House. The house is warmed in the winter by passive techniques, including a two-story glass-enclosed "sunspace" on the south side and two 12-inch thick masonry walls covered in glass that collect solar warmth in the day and radiate heat to the home's interior at night. Passive strategies also include landscaping, earth berming on the north side for insulation, and careful placement of deciduous and evergreen trees for shading and windbreaks.

An array of blue PV panels on the roof turns the sun's rays into direct current electricity. That current flows through an inverter, providing 50 percent of the power for lights, copy machines, computers and appliances. Three greenish-brown collector panels in the middle of the roof heat all the home's water. For backup power, the house is also plugged into the local electric utility to receive supplemental energy for air-conditioning in summer and heat on overcast or short winter days. The solar systems supply about 65 percent of the house's heating needs and 100 percent its hot water.

But is solar practical for the average resident in North Carolina?

Absolutely, says Shirley, especially since North Carolina offers progressive tax incen-

tives for using solar energy. The state allows a 40 percent tax credit (up to \$1,500) per residential system and a 35 percent credit (up to \$25,000) per commercial or industrial system. Shirley estimates that at least 25,000 solar water heating systems are used throughout the state and about 10,000 systems are installed for space heating.

These systems heat water or a space, as opposed to generating electricity, says Shirley.

"They circulate a fluid of some kind — it could be water or it could be an antifreeze-type solution — through the collectors where it's heated by the sun. Then that fluid is stored in a tank. A heat exchanger then takes the heat off that and uses it to preheat the water you use for washing, bathing and so on." For space heating, he says, the warm air can be circulated throughout a house by fans and duct systems or channeled through masonry floors by a technique called "radiant slab heating."

Solar energy is efficient and environmentally friendly in that it's a clean, renewable resource. It can be very economical, even though the initial set-up may cost more than hooking up to an existing utility.

Solar electricity — or photovoltaics — has become more affordable and twice as efficient over the past decade. Still, users can expect to pay the equivalent of 20 to 25 cents per kilowatt-hour over the life of the system (20 to 30 years). On the other hand, solar water heating systems can be had for \$2,000 to \$3,500, including installation, and the savings recouped in three to seven years, says Shirley.

Contrary to common belief, you don't have to favor modern designs to be at home in a solar house. The common architectural elements are the use and distribution of mass (masonry or concrete) to collect and store energy and the appropriate placement of glass. The rest can be tailored to individual or mainstream tastes.

"There was in a lot of people's minds the false concept that you had to build a contemporary, funky-looking house in order to utilize solar. That couldn't be further from the truth," he says. "You can do Williamsburg, you can do Colonial, you can do Victorian, and we've got plans for all of them here — just about any design you want."

The Solar Center offers workshops, guided tours, educational programs, publications, videos and even free staff review of homeowner's design plans. The house is open to the public six days a week (9 a.m. to 5 p.m. Monday-Friday and 1 to 5 p.m. on Sunday). For information, write to the Solar Center at Box 7401, Raleigh, NC 27695-7401. Or call toll-free (in North Carolina) 1-800-33- NC SUN.

*Carla Burgess is a freelance writer in Raleigh.*



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# Venison



## The Noble Meat

**V**enison refers to meat of any hunted wild game, but it commonly means deer meat.

As the deer hunting season in North Carolina closes this winter, families who have venison may be interested in the preparation on this page submitted to Carolina Country by Eloise Talley of Cumberland County, a member of the South River Electric Membership Corporation board. Mrs. Talley says, "So many people don't know how to cook deer and waste a lot of it."

Venison contains fewer calories than beef, and its fat content is equivalent to skinless chicken. It is a red meat with nutritional qualities of poultry and salmon. Wild, forest-fed deer meat has a distinct, hearty flavor. Farm-raised deer produce meat that is tender, lean and visually appealing.

Although not permitted in North Carolina, deer farms in 46 other states and Canada yielded about 500,000 pounds of venison in 1995, reports the North American Deer Farmers Association. Most comes from Texas, New York, Michigan and Wisconsin. The mail-order price for a roast is about \$20 per pound.

New Zealand venison accounts for nearly 75 percent of the meat consumed in the U.S. and is available by mail order for \$15 to \$24 per pound.

### For more information

For cutting and dressing advice, Information Sheet No. 327 and 328. *Cooperative Extension, Wildlife and Fisheries*, Box 9690, Mississippi State University, MS 39762.

*North American Deer Farmers Association*, 9301 Annapolis Road #206, Lanham, MD 20706-3115. Phone: (301) 459-7708.

*Cervena Council*. High quality New Zealand venison. Phone: (800) 877-1187.

*Venison America*. PO Box 86, Rosemount, MN 55068. Phone: (880) 310-2360.

*Venison World*. Eden, TX. Phone: (800) 460-5326.

### Here is Eloise Talley's recipe:

Whatever type of cooking is used, be careful to conserve moisture because this noble meat is dry in nature and its flavor delicate.

The meat should hang for seven to 14 days in a dry, cold atmosphere, or perhaps refrigerated with the aid of black pepper and sweet herbs, but no salt.

The haunch (hind quarter, left loin and back) is the prime roast and provides stock through the upper round and rump. The shoulder roast is good. The saddle (loin and lower ribs) is a choice roast or may be cut into chops to be grilled. Other parts are reserved for stewing, broiling and venison pies, so you waste nothing.

While waiting for the meat to cure, you can prepare superb deer liver, sliced, dredged in flour, salt and pepper and lightly fried in bacon fat. Also, the stuffed heart, done in minutes in your pressure cooker, can be a treat. And grilled kidneys lift breakfast out of the ordinary.

Marinating the meat before roasting is a good idea. It helps to tenderize it and neutralizes some of the gamey flavor. My son-in-law says his grandfather, who lived in the mountains, used butter-milk to marinate. At times, I have used wine.

### Basic Marinade

Increase portions according to the size of the meat so that the meat is covered with marinade or turned so all sides are affected.

1 large onion (chopped)	½ teaspoon black pepper
2 large carrots (chopped)	4 tablespoons butter
3 whole cloves	1 cup cider vinegar
1 teaspoon of favorite herb	No salt

Sauté vegetables in butter, add vinegar and seasonings, pour hot over meat. Turn meat every 2 hours for 8 hours.



Photos courtesy of Cervena®, a registered trademark of the Cervena Company Ltd. © 1997.

### To Roast

After marinating, roast in a covered roaster with marinade at 325° (about 25 minutes per pound). Baste very frequently. Or, after marinating, remove the meat, rub with bacon fat or lard, and wrap in greased brown or meat paper (not waxed) and tie. Make a stiff paste of flour and water and cover overall. Wrap again in greased paper and tie. Roast at 325 degrees (30 minutes per pound). A half-hour before serving, remove wrappings, sprinkle lightly with flour and salt and brown in a hot oven.

### To Grill Steaks

Cut steak 1 inch thick or more. Cover top side ¼-inch deep with medium-grind salt (not shaker salt). Pat smooth and slip under broiler as you would to grill beef to medium rare. Turn and repeat salt layer and grill on the other side until done. Remove salt shells from each side. Serve on hot plates.



# *The* Movie Goddess

## FROM GRABTOWN



by Joe Zentner

Anyone who went to the movies a generation ago will recognize the name. Ava Gardner starred in more than 50 movies, warming the silver screen with such leading men as Gregory Peck, Humphrey Bogart and Clark Gable.

Ava Lavinia Gardner was born on Christmas Eve, 1922, in a rural spot called "Grabtown," one mile from the Brogden community, which is seven miles from Smithfield. The house in which she was born was a clapboard structure with a shingled roof.

She died of pneumonia seven years ago this month. Burial took place in Smithfield's Sunset Memorial Park Cemetery on January 29. As Ava had expressly stipulated, she was buried in the Gardner family plot.

Hundreds of people visit Ava Gardner's home town each month, thanks to an adoring and enterprising fan who kept alive the memory of this North Carolina beauty.

Ava was the last of seven children of a tall, bony sharecropper named Jonas Bailey Gardner. He was a devout Irish Catholic. As the actress noted in her autobiography: "Daddy was a private man, shy and retiring. I inherited that trait from him." Jonas's wife, Mary Elizabeth (often called "Molly"), came from a stern line of Scottish Baptists.

Ava Gardner's first memories were of the tobacco fields around the house where she was born. During the Great Depression, tobacco prices plunged downward. As they did, Ava's parents quarreled. Molly eventually decided to leave her husband, take Ava and her sister Myra and work at a local "teacherage" —a boarding house for teachers.

Growing up, Ava disliked wearing shoes. In those days, children throughout the South ran around barefoot. As she once commented: "I've always loved the feel of



*The house where Ava Gardner was born in 1922.*



*The photo, displayed in a New York City window, that started it all in 1939.*

baked earth, green grass, soft mud, and stream water under my feet." Later, as a movie star, she would oftentimes show up at parties barefoot, carrying her shoes.

By age 10, Ava was going to the movies. She never forgot seeing Clark Gable and Jean Harlow in "Red Dust" at a local theater — the movie that 20 years later she would help remake with Gable himself.

Ava attended Atlantic Christian College in Wilson (now called Barton College) for a year, where she took courses in business education and stenography.

At age 17, she went to New York City to visit a sister, Beatrice ("Bappie"), who was married to Larry Tarr, a photographer. Needing a model to pose for photographs to use in window displays, Tarr took pictures of Ava.

One of these attracted attention from passersby. Barney Duhan, an errand clerk, later commented: "I was working in the legal department of MGM. Running late for a party, I thought what lousy luck it was that I didn't have a date. I saw the photo and said, out loud, 'Gee, wouldn't she be a fantastic date! Maybe I can get her phone number!'"

Duhan called the Tarr studio, introduced himself as an "MGM talent scout," and asked for the woman's name, address and phone number. Her name, he was told, was Ava Gardner, and she lived in North Carolina. Duhan then said: "Send me the photos you've got, and I'll give them to Marvin Schenck, who's in charge of talent at MGM."

Duhan showed the pictures to Schenck, who was impressed. So too was Howard Dietz, MGM's publicity chief. They asked Duhan (who asked Tarr) if Ava would do a screen test. In short order, Ava took a train back to New York.

Bappie accompanied her to an interview with Schenck, after which Ava did a screen



test. The result was a starlet contract at \$50 a week.

On her mother's order, Bappie accompanied Ava to Hollywood in 1941. Bappie would work as her sister's personal assistant for the next 50 years, until the movie star's death.

For two laborious years, Ava posed for photo shots and did bit parts in movies. During this time she met Andy Rooney. The two married in 1942 but were divorced 16 months later. "We were children," Ava said later. "Our lives were run by other people.

We didn't have a chance."

She finally landed a solid acting role in the movie "Whistle Stop." Then, Ava met bandleader Artie Shaw. Shaw fancied himself an intellectual. After marrying Ava in 1945, he set out to educate her, after learning that the only book she had read was "Gone With the Wind." Shaw brought a stack of books along on their honeymoon for her to read. Ava pursued correspondence courses at UCLA in economics and English literature. When Shaw decided that Ava

wasn't a promising pupil, she acknowledged their breakup with the laconic comment: "He told me to leave, so I left."

Ava ran into Frank Sinatra at a party in Palm Springs (they had met for the first time, years earlier). The two left the party together. In high spirits, they rode along the main street of nearby Indio, firing a revolver out of the car window.

Ava married Sinatra in 1951. Between marriages, there was Howard Hughes, with whom Ava was linked romantically for years.

## The Ava Gardner Museum

**M**uch of the material in the Ava Gardner Museum in Smithfield was collected by Dr. Thomas Banks, a dentist, Wilson native and life-long fan of the actress. He saved everything he had accumulated relating to her, including private letters he had exchanged with the movie star. Following Banks' death in 1989, his widow donated the material to the Ava Gardner Museum Committee.

Housed in the museum are movie posters, scripts, costumes, photographs, including signed ones from Ava's Hollywood colleagues, magazine covers, paintings, videotapes, and personal effects. Included in the collection is the photograph that started it all in New York City.

The museum presents no evidence of the uninhibited woman who could dance all night, drink men under the table, and hold her own in a fight. Ava Gardner herself admitted to knockdown-dragouts with Frank Sinatra, Howard Hughes, George C. Scott, and others, where she gave as good as she got. Ava Gardner's appeal was beau-

ty allied with class. The museum in Smithfield assures she'll be remembered for those qualities. It also assures that her rural North Carolina roots won't be forgotten.

Approximately 700 people visit the museum each month. The museum faithfully chronicles Ava Gardner's rise to fame, from her barefoot childhood years to her discovery by MGM to her later years in Europe. Fans of Ava Gardner come to Smithfield to pay their respects to the movie goddess from Grabtown.

Located at 205 South Third Street in downtown Smithfield, the Ava Gardner Museum is open every day from 1 to 5 p.m.; other times by appointment. For details, write to the Ava Gardner Museum, Box 1182, Smithfield, NC 27577. Phone: (919) 934-5830.

*Joe Zentner wrote about the Spencer Shops railroad history in the August 1996 issue of Carolina Country.*



One of her movie stills.



Ava Gardner as a magazine cover girl.

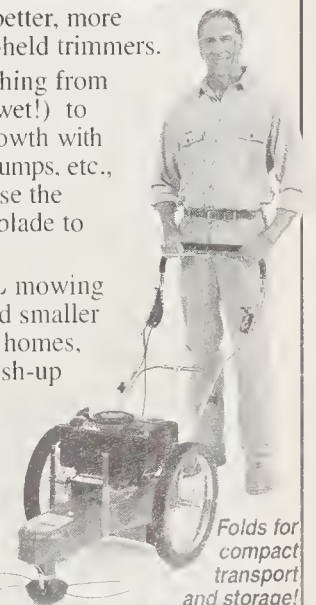
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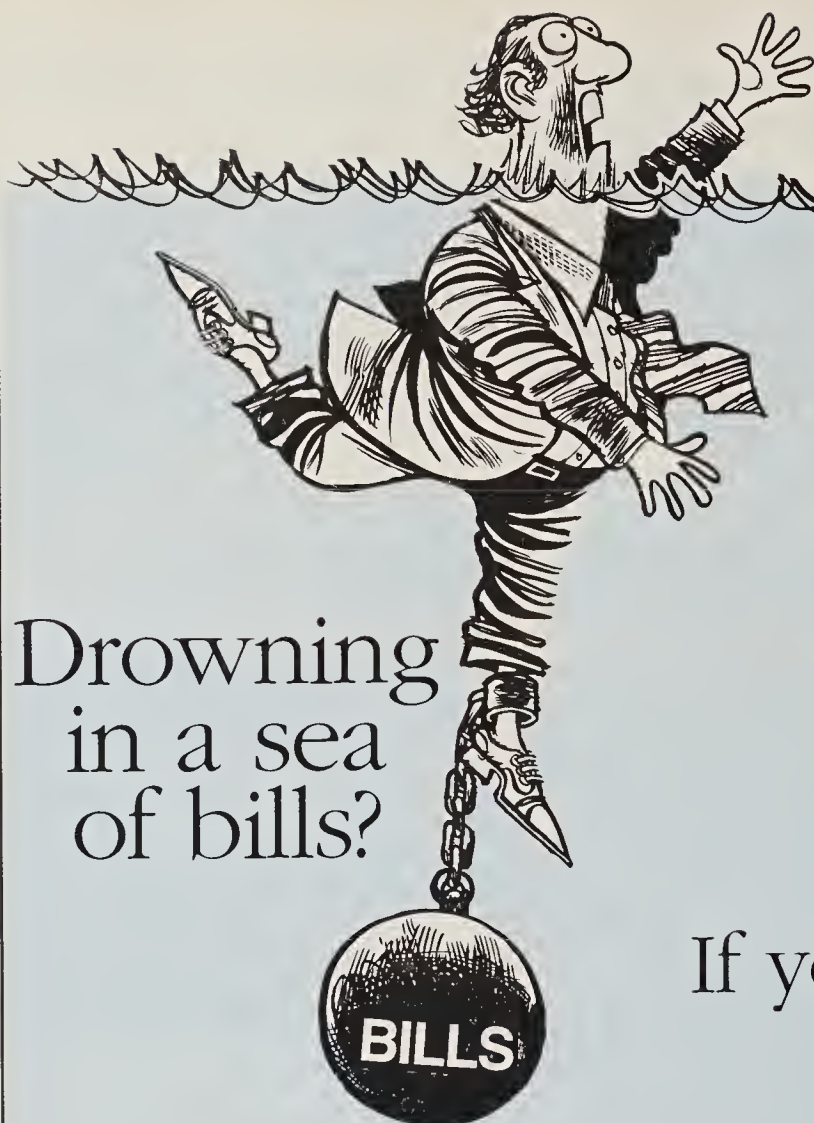
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### MONTHLY RATES

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	Male	Female	Male	Female	Male	Female	Male	Female		Male	Female	Male	Female	Male	Female	Male	Female
20	7.86	7.86	9.78	9.78	17.21	17.21	31.03	31.03	46	9.48	8.84	13.01	11.73	25.08	22.10	46.75	40.80
21	7.91	7.86	9.86	9.78	17.43	17.21	31.45	31.03	47	9.86	8.97	13.77	11.99	26.78	22.74	50.15	42.08
22	7.91	7.86	9.86	9.78	17.43	17.21	31.45	31.03	48	10.24	9.14	14.54	12.33	28.48	23.59	53.55	43.78
23	7.91	7.86	9.86	9.78	17.43	17.21	31.45	31.03	49	10.67	9.48	15.39	13.01	30.39	25.08	57.38	46.75
24	7.91	7.91	9.86	9.86	17.43	17.43	31.45	31.45	50	11.09	9.86	16.24	13.77	32.30	26.78	61.20	50.15
25	7.95	7.91	9.95	9.86	17.64	17.43	31.88	31.45	51	11.43	10.24	16.92	14.54	33.79	28.48	64.18	53.55
26	7.95	7.91	9.95	9.86	17.64	17.43	31.88	31.45	52	11.90	10.67	17.85	15.39	35.91	30.39	68.43	57.38
27	7.95	7.91	9.95	9.86	17.64	17.43	31.88	31.45	53	12.54	11.09	19.13	16.24	38.89	32.30	74.38	61.20
28	7.95	7.95	9.95	9.95	17.64	17.64	31.88	31.88	54	13.35	11.43	20.74	16.92	42.71	33.79	82.03	64.18
29	7.95	7.95	9.95	9.95	17.64	17.64	31.88	31.88	55	14.45	11.90	22.95	17.85	48.03	35.91	92.65	68.43
30	7.95	7.95	9.95	9.95	17.64	17.64	31.88	31.88	56	15.94	12.54	25.93	19.13	55.46	38.89	107.53	74.38
31	7.95	7.95	9.95	9.95	17.64	17.64	31.88	31.88	57	17.72	13.35	29.50	20.74	64.39	42.71	125.38	82.03
32	7.95	7.95	9.95	9.95	17.64	17.64	31.88	31.88	58	19.68	14.45	33.41	22.95	74.16	48.03	144.93	92.65
33	7.95	7.95	9.95	9.95	17.64	17.64	31.88	31.88	59	21.76	15.94	37.57	25.93	84.58	55.46	165.75	107.53
34	7.95	7.95	9.95	9.95	17.64	17.64	31.88	31.88	60	23.89	17.72	41.82	29.50	95.20	64.39	187.00	125.38
35	7.95	7.95	9.95	9.95	17.64	17.64	31.88	31.88	61	25.84	19.68	45.73	33.41	104.98	74.16	206.55	144.93
36	7.99	7.95	10.03	9.95	17.85	17.64	32.30	31.88	62	27.84	21.76	49.73	37.57	114.96	84.58	226.53	165.75
37	8.08	7.95	10.20	9.95	18.28	17.64	33.15	31.88	63	29.96	23.89	53.98	41.82	125.59	95.20	247.78	187.00
38	8.16	7.95	10.37	9.95	18.70	17.64	34.00	31.88	64	32.34	25.84	58.74	45.73	137.49	104.98	271.58	206.55
39	8.25	7.99	10.54	10.03	19.13	17.85	34.85	32.30	65	34.98	27.84	64.01	49.73	150.66	114.96	297.93	226.53
40	8.37	8.08	10.80	10.20	19.76	18.28	36.13	33.15	66	38.04	29.96	70.13	53.98	165.96	125.59	328.53	247.78
41	8.50	8.16	11.05	10.37	20.40	18.70	37.40	34.00	67	41.57	32.34	77.18	58.74	183.60	137.49	363.80	271.58
42	8.67	8.25	11.39	10.54	21.25	19.13	39.10	34.85	68	45.52	34.98	85.09	64.01	203.36	150.66	403.33	297.93
43	8.84	8.37	11.73	10.80	22.10	19.76	40.80	36.13	69	50.02	38.04	94.10	70.13	225.89	165.96	448.38	328.53
44	8.97	8.50	11.99	11.05	22.74	20.40	42.08	37.40	70	55.17	41.57	104.38	77.18	251.60	183.60	499.80	363.80
45	9.14	8.67	12.33	11.39	23.59	21.25	43.78	39.10									

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AMOUNT OF INSURANCE DESIRED \_\_\_\_\_ TOBACCO \_\_\_\_\_ NON-TOBACCO \_\_\_\_\_  
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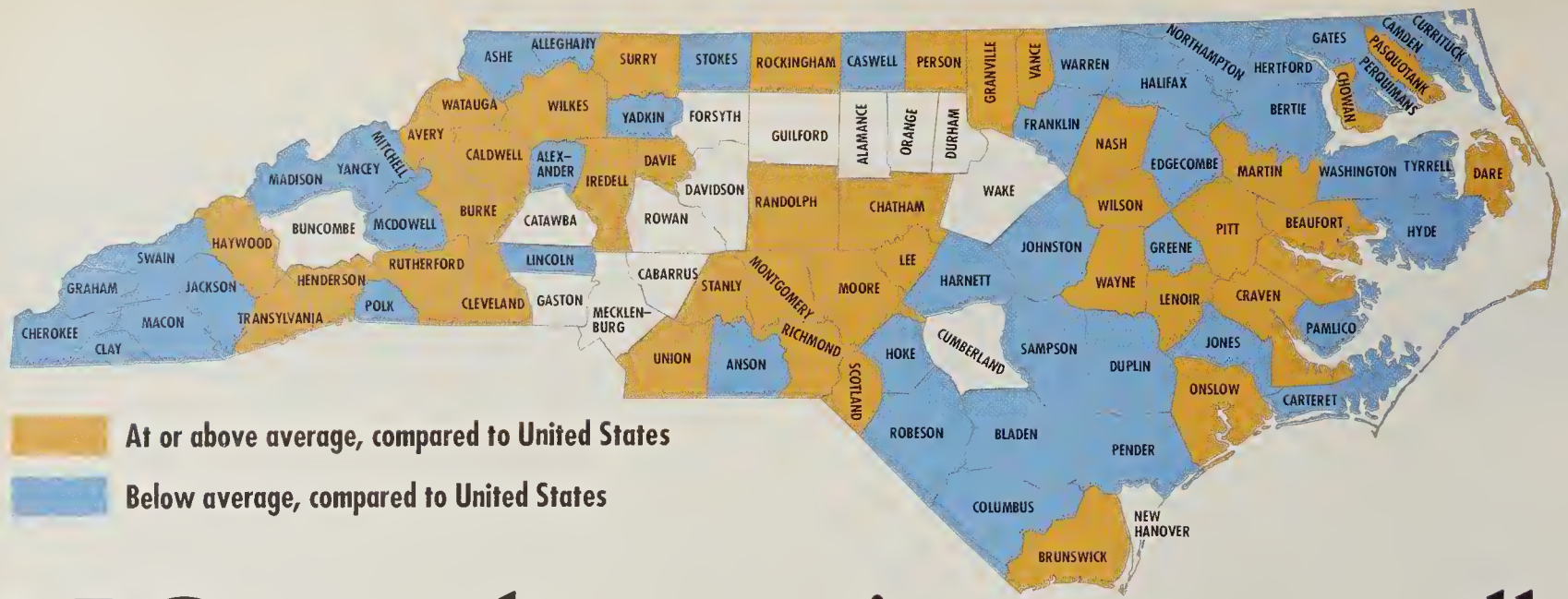
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# N.C. rural counties grow well, compared to others in the nation

A report issued recently by the North Carolina Rural Economic Development Center offers encouraging news about the economic well-being of the state's rural areas.

The Rural Center compared North Carolina's rural counties to counties with similar economic structures in other parts of the United States and in the Southeast. The results showed that a majority of North Carolina's rural counties are growing faster than their counterparts across the country, some much faster, according to the center's president Billy Ray Hall.

These conclusions are contained in the center's Rural Economic Index, which measures the economic well-being of each of the state's rural counties for the national business cycle 1984-93. It contains information on both economic performance (per capita income, the ratio of employment to population, and wage and salary earnings) and economic growth (the percentage of change in performance during the 10-year period).

Among the major findings of the report:

- When North Carolina's 85 rural counties were compared to similar counties across the nation and Southeast, 82 showed a comparable or stronger economic performance and/or faster rate of growth. Only three counties experienced both subpar economic performance and an economic slowdown over time.

- Especially encouraging were the rates of growth of rural counties compared to their national counterparts. During the period, nearly 84 percent of the state's rural counties grew faster than similar counties in the nation.

- Particularly noteworthy were the high growth rates among many rural counties that have experienced sluggish economics in the past. Among these were Duplin, Greene and Sampson counties with growth rates ranging between 16 and 25 percent. Also impressive was growth in Avery, Camden, Caswell, Columbus, Currituck, Davie, Harnett, Hyde, Jones, Robeson, Tyrrell, Washington, Watauga, Yadkin and Yancey counties, all above 10 percent.

- North Carolina also fared well compared to similar Southeastern counties. Nearly 70 percent grew faster than their neighboring counties in the Southeast.

Yet, even with impressive growth rates, a large percentage of rural counties continued to lag behind in terms of overall economic performance. More than a third of rural counties ranked below their Southeastern counterparts in economic performance and more than half ranked below similar counties in the nation.

"Obviously, a lot of different factors influence growth," said Hall, "but it appears that continued investments in economic infrastructure by state and local leadership are paying off. Our challenge is to stick with

it — to find ways to accelerate the good growth already taking place and to build economic capacity in those areas that are hurting."

The Rural Economic Index was developed through the cooperative efforts of the center and Dr. Michael Walden and Dr. Jonathan Long of the Department of Agricultural and Resource Economics at NC State University. Their work was based in part on a model developed by the Corporation for Enterprise Development in Washington, DC.

For comparison, the index relies on commuting zones, which are combinations of counties in which commuting among the counties is substantial enough to consider them as one economic unit. Each zone is identified according to its primary economic activity, such as high-value services, state and federal government, or white collar.

The Rural Economic Development Center is a private, non-profit corporation whose mission is to increase the economic competitiveness of the state's 85 rural counties. It operates a multi-faceted program that includes conducting research into rural issues, testing promising rural development strategies, advocating for policy and program innovations, and building the productive capacity of rural leaders, entrepreneurs and community organizations.

Copies of the report are available for \$5 each from Elaine Matthews, Rural Center, Wake County Office Park, 4021 Cary Drive, Raleigh, NC 27610. Phone: (919) 250-4314.





## Close to Home: Revelations and Reminiscences by North Carolina Authors

*Edited by Lee Harrison Child, 178 pages*

Twenty-one notable North Carolina authors share their own intimate thoughts of home in a new book compiled from columns that first appeared in North Carolina Home magazine.

"The 'thoughts of home,'" says editor Childs, "include everything from barbecue to water moccasins, and tying it together are the authors' willingness to be intimate to share that 'place in memory that stirs the emotions.'"

Their "homes" range all over North Carolina from Robert Morgan's in Henderson County to Angela Davis Gardner's Revolutionary War childhood house, now a Guilford County Museum. Others range from Lumberton to Chapel Hill, Montreat and Beaufort.

Available for \$19.95 (hardcover) from bookstores or John F. Blair, 1406 Plaza Drive, Winston-Salem, NC 27103; (800) 222-9796.

## Golf Vacations Even Non-Golfers Will Enjoy—Southeastern United States

*Julie L. Moran, 384 pages*

A self-proclaimed "golf-widow" offers a vacation book for golfers and their families — families often left at the hotel room while the avid player is out enjoying the links. In each chapter, Julie Moran covers the Southeast's top courses in detail, listing history, greens fees and tea time policies. And she tells the non-golfer the best places to visit while the golfer is on the course, including information on top dining and accommodations, and listings for such attractions as theme parks, museums, historic sites, tours and shopping, and a "just for kids" section.

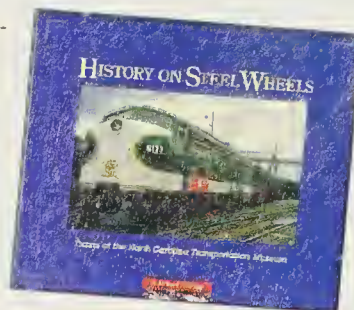
The book covers golf meccas from North Carolina's mountains to Pinehurst and the coast, to Augusta, GA., Williamsburg and Virginia's Shenandoah Valley to Florida. Black and white photographs, appendix with special checklists, and an extensive index enhance the text.

Available for \$17.95 (softcover) from bookstores or John F. Blair, 1406 Plaza Drive, Winston-Salem 27103; (800) 222-9796.

## History on Steel Wheels

*Jackson McQuigg, 86 pages*

Railroads in the South were and are lifelines of industry and commerce, carried soldiers off to war and brought others together. As Spencer Shops observes its centennial anniversary (1896-1996), Jackson McQuigg offers its story — from its earliest beginning, halfway between Atlanta and Washington — through its prime, to abandonment and resurrection as the N. C. Transportation Museum. "History on Steel Wheels" tells a rich collective story, covering outlines of selected railroad cars and locomotives in the museum collection, all



reflecting the incredible history of more than 100 years of railroading in North Carolina and the Southeast.

Black and white photos of men and machines and a bibliography complete the text.

McQuigg, a railroad historian, received his degree from Wake Forest and currently lives in Atlanta.

Available for \$9.95 (softcover) from bookstores the N.C. Transportation History Museum, PO Box 165, Spencer, NC 28159. Phone: (704) 636-2589

## All We Know of Heaven

*Sue Ellen Bridgers, 212 pages*

Award winning author Sue Ellen Bridgers has set her new novel in depression era North Carolina. "All We know of Heaven" tells of young love, betrayal and redemption. Bethany Newell and Joel Calder are caught in the economic trap of their time and the emotional trap of their own passion. The young lovers' fate is not only shocking but heartbreaking.

Bridgers is an acclaimed young adult fiction writer, a native of Greenville, N.C., a graduate of Western Carolina University, and lives in Sylva with her family.

Available for \$22 (hardcover) from bookstores or Banks Channel Books, PO Box 4446, Wilmington, NC 28406. Phone: (910)-762-4677.



## Southern Railway's Spencer Shops 1896-1996

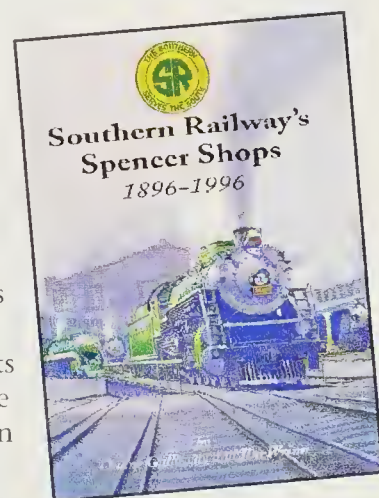
*Duane Galloway and Jim Wrinn, 105 pages*

"Unsung heroes" they're called — the men and women who repaired and maintained the hundreds of trains rolling out of Rowan County's Spencer Shops. They put in hours of work for each hour a steam engine spent on the main line.

During the Shops' centennial year, a new book tells the tale of this remarkable Southern Railway Spencer Shops, from its heyday, to its demise and resurrection as the home of the North Carolina Transportation Museum. Duane Galloway and Jim Wrinn tell an exciting and fascinating story woven around the lives of the shop workers and the work at the facility as technology changed.

Galloway, instructor at Rowan Community College, received the M.A. in history from the University of North Carolina at Greensboro, and lives in Salisbury. Wrinn, also a Salisbury resident, is a railroad historian and reporter for the Charlotte Observer.

Available for \$22.95 (hardcover) from bookstores or TLC Publishing, Route 4, Box 154, Lynchburg, VA 24503-9711. Phone: (804) 384-8761.







## What's New

### Wood you believe?

Greensboro artist Pete Lupo makes wildlife wood sculptures depicting rural scenes.

Lupo grew up in rural southeastern North Carolina, where he developed his attraction to wildlife wonders.

"What sets his work aside from some artists," says Frank Stoner of the Bob Timberlake Fine Art Gallery in Lexington, "is that he actually carves all items in the work — the cups, the boards, the faucets, the leaves — and then hand paints each one."

Pete Lupo is at 1315 New Garden Rd., Greensboro, NC 27410. Phone: (910) 852-1187.



Detail from "House Wren's and Cup"



"Miss Ida Mae's Orchard Basket"



### "Indestructible" mailbox is available through catalog

A mailbox that is so rugged it comes with a lifetime guarantee is available through the Preferred Living catalog. The 75-pound mailbox is constructed from 7-gauge steel and can withstand damage due to vandalism, automobile collisions and snow plows. To test the claim, a 15-ton bulldozer was run over the mailbox, resulting only in slight cosmetic damage from the bulldozer's tracks.

The "Indestructible Mailbox" is coated inside and out with a polyester powder-coat paint. This finish was chosen for its chip resistance against gravel, sand and rocks and for its resistance to fading due to extended exposure to the sun.

The full-width, continuous stainless steel hinge holds the door securely to the mailbox so it won't break off even if stuck with a baseball bat. The mailbox attaches to a standard 6- by 6-inch post via a one-piece continuous steel channel which is welded to the bottom of the mailbox.

The mailbox costs \$220. For information, call 1-800-543-8633.

### Hurricane losses may qualify as tax deductions

Homeowners in North Carolina struggling to recover from the fallen trees and property damage caused by Hurricane Fran may be interested to know that their hurricane losses may be deductible on their federal income tax returns if the net losses exceed \$100 plus 10 percent of their adjusted gross income, according to North Carolina attorneys at Maupin Taylor Ellis & Adams.

Under the Internal Revenue Code, individual taxpayers can deduct their net losses from damage to, or destruction of, their non-business property caused by certain casualties, such as hurricanes, if the loss is not covered by insurance or other compensation. Hurricane damage to trees, shrubbery, homes, automobiles, boats, food items and other non-business property may be deducted. The deductible amount is the amount of the loss or the tax basis of the property, whichever is less, reduced by any insurance or other compensation received to cover the loss (such as disaster aid from the Red Cross or other organizations).

Taxpayers may use either of two methods to prove the amount of their hurricane loss: (1) the difference in the fair market value of the property immediately before and immediately after the hurricane, or (2) the costs of repairing the hurricane damage. Thus, if Hurricane Fran caused the loss of several trees in a taxpayer's back yard, the loss would be measured by the difference in value of the taxpayer's residen-

tial property immediately before and immediately after the hurricane or, in some cases, by the cost of removing the fallen trees.

Taxpayers covered by insurance must first file a timely insurance claim before deducting personal casualty losses that exceed the limit mentioned above. Because the President has declared several North Carolina counties disaster areas eligible for special federal disaster aid, individual taxpayers residing in those counties may elect to deduct their personal casualty losses this year or on their returns for the immediately preceding tax year.

The tax regarding deductions for losses due to Hurricane Fran can be complex, depending on the type of property involved, and taxpayers should therefore consult their tax advisors to ensure that they receive the maximum tax benefit from their hurricane losses.

The following counties were declared eligible for federal disaster aid in the aftermath of Fran: Anson, Alamance, Beaufort, Bertie, Bladen, Brunswick, Buncombe, Carteret, Caswell, Chatham, Columbus, Craven, Cumberland, Davidson, Duplin, Durham, Edgecombe, Franklin, Granville, Greene, Guilford, Halifax, Harnett, Henderson, Hertford, Hoke, Hyde, Johnston, Jones, Lee, Lenoir, Martin, Montgomery, Moore, Nash, New Hanover, Northampton, Onslow, Orange, Pamlico, Person, Pitt, Polk, Randolph, Richmond, Robeson, Rockingham, Rutherford, Sampson, Scotland, Vance, Wake, Warren, and Wilson.



## National co-op association offers Medicare supplement insurance

Most financial consultants agree that you will need 70 to 80 percent of your pre-retirement income to maintain your current standard of living. You don't need as much income in retirement because many expenses such as house payments and children's education tuition go down. One expense, however, usually goes up, that is health care.

Medicare can help individuals age 65 and older, but it does not pay for all costs. Deductibles, copayments, non-covered services, and other expenses must come out of your own pocket. A congressional study revealed that people age 65 and older pay nearly one-fourth of health care costs out of their pockets. That's why a

Medicare supplement plan is recommended. It can help pay the expenses Medicare does not cover.

The National Rural Electric Cooperative Association (NRECA) sponsors Medicare Supplement Plans. All 10 of the standardized Medicare supplement insurance plans are available to consumer members and their spouses age 65 and older enrolled in Parts A and B of Medicare. Each plan offers a different level of coverage.

If you are turning 65 years of age in the next six months, it's a good idea to learn what Medicare covers and what it doesn't. You can receive free information by calling toll-free 1-800-543-9213, Monday through Friday, 10 a.m. to 6 p.m.

## Battleship "North Carolina" begins restoration plan

The 55-year-old World War II memorial battleship "North Carolina" has embarked on a capital campaign to fund preservation and restoration projects.

Berthed in Wilmington since October 1961, the ship serves as a historical and educational site, a National Historic Landmark, and the state memorial to World War II veterans and the 10,000 North Carolinians who died in service to their country. It has maintained itself as a self-sustaining enterprise without government support.

"North Carolina" was the first to see service of the 10 fast battleships the U.S. built for WWII. She first sailed for active duty in summer 1942 to Hawaii, where thousands cheered her in Pearl Harbor as a symbol that the U.S. had what was necessary to win the war. She then participated in every major naval offensive across the Pacific. She was scheduled to be scrapped in 1959, but a North Carolina commission chaired by Hugh Morton brought her to Wilmington.

For information about the restoration projects, contact Battleship North Carolina, P.O. Box 480, Wilmington, NC 28402-0480. Phone: (910) 251-5797.



## Adoption information on disk

Prospective adopting parents can now search by computer for information about adoption. The Adoption Superdisk, published by the director of Adoption Referral Associates, is a compilation of adoption resources, information and counseling.

Available on Macintosh or IBM diskette, the disk contains descriptions and Internet addresses of adoption agencies nationwide, lists experienced adoption attorneys and helpful adoption books, and cites over 160 adoption resources found on the World Wide Web. The disk costs \$59.95 plus \$5 shipping from Adoption Referral Associates, P.O. Box 353, Secane, PA 19018-0353. Phone: (800) 894-9518.

## An inn magazine

Southern Inns and Bed & Breakfasts magazine provides vacationers with information about inns located in North Carolina, South Carolina, Virginia, Tennessee and Florida. The magazine is available at many bookstores and newsstands. For more information, contact Whitline Ink Incorporated, P.O. Box 668, Boonville, NC 27011. Phone: (910) 367-6913.

## Protect your property against flooding

The Federal Emergency Management Agency has published a new edition of "Protecting Your Home From Flood Damage" to help homeowners reduce damage from flood loss.

The 35-page guide gives information about flood insurance and offers practical ways to avoid flood damage, including erecting floodwalls, relocating appliances, installing sump pumps and elevating buildings. There is also a index of publications.

For more information, call FEMA at (800) 480-2520.

## Western N.C. "Annals" is reprinted

The 1930 book "The Annals of Caldwell County" by W.W. Scott has been reprinted. Scott was a descendant of Caldwell County ancestors and a newspaperman. The book captures life in the places that now encompass Caldwell, Burke and Wilkes counties. Scott gives names, dates, families and documented facts about the early days, the days following the Civil War and the days surrounding Scott's lifetime.

With over 250 pages including a new index of family names, this revised edition is easier to read and follow than the earlier version. Hardbound copies cost \$18 postpaid and are available from The Caldwell County Genealogical Society, P.O. Box 2476, Lenoir, NC 28645-2476.

## Little things count: Keep your child safe in a car seat

Did you know there are simple and easy ways to make your child's car rides safer? All 50 states and the District of Columbia require the use of a car seat, and that's a great beginning. But how you use the car seat makes a difference, too.

The back seat is the safest place in your car, so it's the best place for children of any age to ride. Babies weighing less than 20 pounds should ride in rear-facing car seats placed in the back seat. Never use a household infant carrier as a car seat they aren't designed to withstand the force of a crash.

Toddlers or preschoolers weighing between 20 and 40 pounds can ride in a forward-facing child safety seat. As the child outgrows the seat, you can use a booster seat to make the transition to regular safety belts. Make sure the belt doesn't cut across the child's face or neck.

Also, remember to check that the safety seat you're using is really a safe one. Several models have been recalled. To check on the seat you're using, call the National Highway Traffic Safety Administration hotline at (800) 424-9393.





Chris Heagarty

Gov. Jim Hunt (center) met with staff of the state's electric cooperatives during a recent political gathering in Raleigh. He praised the quick restoration work of co-op crews in the aftermath of Hurricane Fran. Shown are (from left) Charles Wilson of Wake EMC, Richard Mabbott of Piedmont EMC, Johnnie Jean Dickens of Central EMC, Gov. Hunt, Chuck Terrill of NCEMC and his wife, Barbara, and Carolyn Herr Watts of NCEMC.

## Sales tax on electricity lowered for some industrial and farm users

The North Carolina General Assembly recently enacted legislation that lowered the sales tax on electricity from 3 percent to 2.83 percent for certain farms, manufacturers and laundries. The lower tax affects electricity used after Aug. 1, 1996.

The tax applies to farms whose commercial operations are separately metered from household service.

Among manufacturers, the benefit is for separately metered service used for manufacturing, administrative, warehousing and factory facilities.

Among laundries, the benefit is for separately metered service to machinery directly involved in laundering, pressing and cleaning.

Commercial and industrial members eligible for the tax reduction may contact their co-op office for details.

## Co-ops support Yadkin/Pee Dee video

The natural areas of the Yadkin/Pee Dee River and Uwharrie Lakes regions are the subject of a new video co-sponsored by North Carolina Electric Membership Corporation.

The 25-minute video is intended to promote better understanding of how the natural surroundings affect the people and communities of this piedmont area. Officials say the video will help create advocacy for large-scale land and river corridor management. Directing the program are the Yadkin/Pee Dee Lakes Project and the Land Trust for Central North Carolina. It was initiated by officials from Anson County's Pee Dee National Wildlife Refuge.

Davidson Electric Membership Corporation is a regular supporter of other programs within the Yadkin/Pee Dee Lakes Project.

For more information about the video, contact the project at P.O. Box 338, Badin, NC 28009. Phone: (704) 422-3215.

## Co-ops revise power agreement with CP&L

The North Carolina Electric Membership Corporation and Carolina Power and Light have revised a power-coordination agreement under which CP&L will continue to serve the majority of NCEMC's power needs well past the turn of the century. NCEMC is the nation's largest purchaser of firm wholesale power, which it supplies to its 27 member co-ops in the state.

NCEMC's chief executive officer Chuck Terrill said the agreement provides benefits for both Raleigh-based companies and their consumers statewide. "CP&L demonstrated that it understands the needs of its wholesale customers," Terrill said. "CP&L provided a competitive solution, which meant that amending the current agreement was in the best interest of our own consumers."

CP&L chief executive officer Bill Cavanaugh agreed. "This revised agreement is a great development for everyone concerned," Cavanaugh said. "It is important to CP&L's customers since it allows CP&L to continue serving the needs of a valued partner, and it provides an avenue for savings to NCEMC and its consumers."

The revised agreement is subject to federal regulatory approval.

NCEMC provides electric service to 700,000 North Carolina member-owners of NCEMC's 27-member electric distribution cooperatives through its own capacity and power-supply contracts primarily with CP&L, Duke Power, American Electric Power and Virginia Power.

CP&L provides electric service to 1.1 million customers in a 30,000-square-mile service area that includes much of central and eastern North Carolina, the Asheville area and northeastern South Carolina.

## Outer Banks generators check out

When they turned six years old in 1996, it was time for the first-ever overhaul of the diesel-powered electric generators on the Outer Banks, owned and operated by North Carolina Electric Membership Corporation. The generators — a 3-megawatt station in Ocracoke and a 15-megawatt station in Buxton — are used during peak-demand periods and as reliability back-up systems.

The stations were shut down during the scheduled maintenance, as a contractor from Norfolk, Va. worked 24 hours a day with NCEMC staff for the month of October. All parts were examined, cleaned and replaced where necessary.

NCEMC's Energy Operations manager Ken Kroll and plant superintendent Randy Jordan reported that everything check out fine as the engines returned to operation the first week in November.



Randy Jordan

One of the Buxton generators during maintenance.



## Pee Dee EMC introduces timely rates for farmers

Pee Dee Electric Membership Corporation recently introduced time-of-use rates to Richmond County farmers who may want to use back-up, emergency generators.

At a meeting organized by the Richmond County Extension Center, Pee Dee EMC's Bryant Braswell discussed how swine and poultry farmers can use generators to benefit from the co-op's "time-of-use" rates. By using generators instead of normal current at times when demand for electricity is highest, Braswell explained, farmers are not only eligible for discounted rates during that period, but they also help the co-op as a whole by avoiding the need to buy higher priced, peak-period wholesale electricity.

Pee Dee EMC can signal participating farms as the peak occurs and automatically switch on the generator while switching off the normal current. Braswell said in many cases a farmer can pay for the generator in the savings realized from time-of-use rates.

Several other co-ops in the state, but not all, offer this program. For more information about the Pee Dee program, call Member Services in Wadesboro at (800) 992-1626 or in Rockingham at (800) 228-7322.



Richmond County farmers discuss using generators.

Bert Coffey

## Power alliance dedicated to lowering costs

North Carolina Electric Membership Corporation has joined with 9 other generation and transmission cooperatives to create the Alliance of Cooperative Energy Service (ACES), an organization dedicated to lowering power costs for customers from Michigan to Florida.

In the face of growing competition in the electric industry, the group will seek to share resources in areas such as power marketing, owner brokering, regional account development, joint purchases, joint operations and more.

Under the agreement, a member generation and transmission co-op (G&T) that has surplus capacity to produce power could transmit that extra power to other alliance members. That could eliminate the need to build new generating capacity. Other goods and customer support services could be shared as well.

"The alliance will explore ways we can combine our talents and reduce costs," said Chuck Terrill, executive vice president of NCEMC. "All these organizations are founded upon the belief that we can achieve more by working together than we can alone."

In addition to NCEMC, other participants include Alabama Electric Cooperative, Allegheny Electric Cooperative, Buckeye Power, Hoosier Energy Rural Electric Cooperative, Oglethorpe Power Corporation, Wabash Valley Power Association, and Wolverine Power Supply Cooperative. Together, these organizations provide electric power to distribution cooperatives serving more than 9 million Americans in 10 states, including North Carolina, Georgia, Alabama, Florida, Indiana, Kentucky, Michigan, New Jersey, Ohio and Pennsylvania. All are non-profit organizations. Other G&T's could join the alliance.

## Rounding up to help their communities

Piedmont Electric Membership Corporation in Hillsborough and Cape Hatteras Electric Cooperative in Buxton recently added to programs to help their communities. Similar to programs at other co-ops, these two allow consumer-members to voluntarily round up their monthly electricity bills to the nearest dollar and denote the excess amount to a community fund.

The Piedmont program, Project Helping Hands, is to help those who have difficulty paying winter heating bills. The fund is administered by county social service agencies. Applicants will file certificates of need to request assistance from the fund. Piedmont EMC serves more than 22,000 members in Alamance, Caswell, Durham, Granville, Orange and Person counties. For more information, contact Member Services at (800) 222-3107.

The Cape Hatteras Operation RoundUp® program, approved in November, is still in the formative stage. It will place the voluntary donations into a trust fund administered by an independent board. The purpose of the program is to help worthy local causes. Cape Hatteras Electric serves more than 5,000 members on Hatteras Island. For more information, call (919) 995-5616.

Philip Morgan



Brunswick Electric Membership Corporation in Shallotte is participating in a year-long "shadowing" program with Dema DiSarno's class at West Brunswick High School intended to make the school-to-work transition more effective. Students report to work a few hours per week at participating organizations. Shown in the photo (from left) are Brunswick EMC's warehouse manager Cephas Williams with the school's vocational coordinator Brenda Lewis, Dema DiSarno and student Andrew Crocker.

## Philippines facility bears Bill Crisp's name

A facility in the Philippines that trains co-op employees and directors has been dedicated to the memory of the late William Crisp, a primemover of North Carolina's electric cooperative program.

The William Crisp Foundation Training Center is located across the road from one of the first two electric co-ops organized in the Philippines.

A native of Candler who later became an attorney in Asheboro, Crisp was the legal and visionary force behind the association of electric cooperatives in North Carolina. He served as the state association's manager and legal counsel until 1960, when he returned to private practice in Raleigh. From 1969 to 1972 he was legal adviser on three missions to the Philippines to draw up legislation that would make electric power available throughout the island nation. He and a Filipino senator wrote the original legislation that established the National Electrification Program in the Philippines 27 years ago. Crisp died in 1992.





# UNSCRAMBLE IT!

## Puzzle 1

For the last 22 years of his life, seirbuty at Flat

Rock was the home of s u t m h u l c n i t a,

"the poet of the American dream."

**Use the capital letters below to fill in the blanks above.**

"A B C D E G L M N O R S U C"  
means "u n s c r a m b l e t h i s"

## Puzzle 2

n s u t c b i h, in Carteret County, was originally known as

c a e r h b i m

*Use the capital letters below to fill in the blanks above.*

"A B E F H I N O R S U T W E"  
means "u n s c r a m b l e t h i s"

### Puzzle 3

## Some residents of Perquimans

County claim the name is an

## Indian word meaning

"  
m u l s e r

— — — — —  
n c u t h a r t m

i e b c l.

*Use the capital letters below  
to fill in the blanks above.*

"A B D E F I L M N O  
"u n s c r a m b l e

U T W D"  
t h i s"



Not one of North Carolina's 100 counties begins with the letter Q, X, Z, or \_\_\_\_.

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## "Ma Saison Preference"

Jan. 9, Southern Pines

1997 International Film Festival. Performing Arts Center. 2 and 8 p.m. \$7 tickets at door. (910) 692-4356.

## "Anything But Square"

Begins Jan. 9, Fayetteville

A new class for square dancing held Thursdays at 7:30 p.m. Massey Hill Recreation Center. For directions, call (910) 485-0745.

## For Cat Fanciers

Jan. 11-12, Mooresville

250 cats in all-breed championship show. National Guard Armory. 10 a.m. to 4 p.m. \$4 adults, \$1 children. (910) 282-3089.



## Joint Conference and Exhibition

Jan. 16-17, Raleigh

"Harvesting Profits from High Tech Farming." Sheraton Imperial Hotel and Convention Center. Banquet on Thursday at 6 p.m. for \$10. 8 a.m. to 6 p.m., Thursday; 7:30 a.m. to 12 p.m., Friday. (919) 851-9192.

## "Fargo"

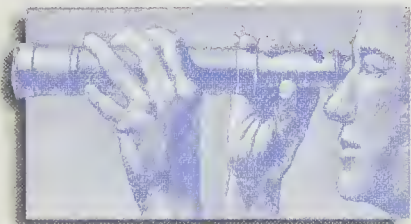
Jan. 16, Southern Pines

1997 International Film Festival. Performing Arts Center. 2 and 8 p.m. \$7 tickets at door. (910) 692-4356.

## Old-Time Square Dance

Jan. 18, Denton

Traditional Appalachian-style square dance, live music, dance lessons. 7 to 10:30 p.m. Denton Civic Center. Adults \$4, children free. (910) 475-9397.



## 7th Annual Astronomical Extravaganza

Jan. 19, Raleigh

Planetarium shows, telescopic views of the sun, telescope and computer displays. North Carolina State Museum of Natural Sciences. 1 to 5 p.m. Free. (919) 733-7450.

## "Antonia's Line"

Jan. 23, Southern Pines

1997 International Film Festival. Performing Arts Center. 2 and 8 p.m. \$7 tickets at door. (910) 692-4356.

## "Jazz'n January"

Jan. 24-25, Southern Pines

Dorothy Donegan, pianist and singer; Diane Schur, singer. Reception follows performance. Cardinal Ballroom in the Pinehurst Resort & Country Club. 8 p.m. \$40 Friday, \$50 Saturday, \$80 both nights. (910) 295-8415.

## "Nelly and Monsieur Arnaud"

Jan. 30, Southern Pines

French dinner served before show at MidPines Resort at 5:45 p.m. for \$24. 1997 International Film Festival. Performing Arts Center. 2 and 8 p.m. \$7 tickets at door. (910) 692-4356.

## ONGOING

### Visual Art Exhibition

through Jan. 31, Hickory

Oils, acrylics and pastels by Miriam Widitor, artist. More Art Gallery in Valley Hills Mall. Open mall hours Tuesday through Sunday. (704) 328-8183.

### Thomas Day Furniture

through March 2, Raleigh

"The artistry of Thomas Day." Features 24 pieces of Day's furniture and photos. North Carolina Museum of Art. 9 a.m. to 5 p.m., Tuesday - Saturday; 9 a.m. to 9 p.m., Friday; 12 to 5 p.m., Sunday; closed Monday. Free. (919) 715-0200.

### Czech Culture

through March 16, Winston-Salem

"A Thousand Years of Czech Culture" exhibit. 9 a.m. to 5 p.m., Monday-Saturday; 1 to 5 p.m., Sunday. The Gallery at Old Salem. \$7 adults, \$4 children. (910) 721-7300.

### "Crosscurrents of Culture"

through July 6, Raleigh

Exhibit on Sephoris in Galilee, once an important city in Roman Palestine. Sculptures, mosaics, jewelry, coins, ritual objects. North Carolina Museum of Art. 9 a.m. to 5 p.m., Tuesday-Saturday; 9 a.m. to 9 p.m., Friday; 11 a.m. to 6 p.m., Sunday; closed Monday. Free. (919) 839-6262.

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# New kits to repair old, leaky windows

**O**ld leaky windows are not only unattractive and inconvenient, but they can dramatically increase your utility bills year-round. In the winter, the air leaks cause heat loss and create drafts. These drafts result in a double loss because they make you feel chilly so you often set the thermostat higher to feel comfortable.

In the summer, both heat and humidity sneak in. Again, this makes you uncomfortable, so you set the air conditioner thermostat lower than necessary.

There are many new do-it-yourself kits you can use to upgrade your old windows without paying for new replacement windows. You just have to buy the sashes and some hardware, not an entire new window. Many major replacement window manufacturers offer these kits.

These window kits are easy to install in an hour, so you can save labor costs, too. Simply remove the old sash and cut the counterweight cord. Mount brackets (cams) on the window frames and install the vinyl channels. Set the new sashes in place and close the window. There are also very low-cost easy-to-install channel/sealer replacement kits available.

Tilt-in replacement sash kits offer all the convenience and energy savings of complete super-efficient replacement windows at a lower cost. The windows will operate exactly like expensive new replacement windows. You can tilt them in for easy cleaning.

All of the new super-efficient types of glass options block furniture and carpet fading year-round and window condensation in cold climates in the winter. One of the most efficient glass options is Supersmart triple-pane glass with two low-e (low emissivity) coatings inside.

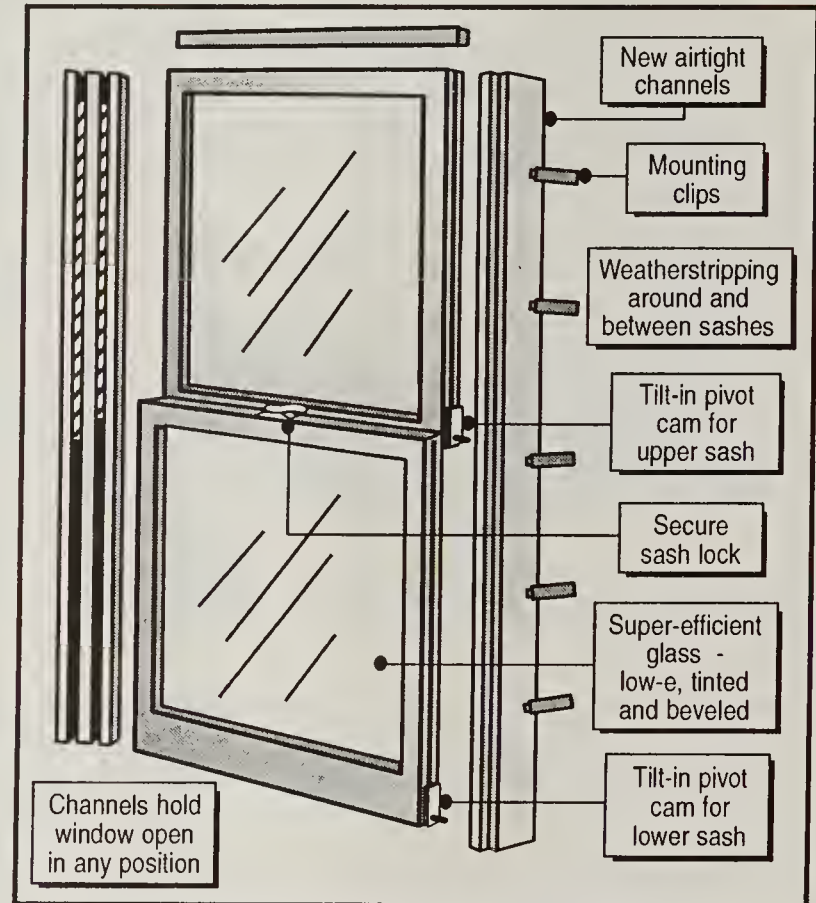
For summer heat control, choose a kit with special "southern" low-emissivity glass or solar gray or bronze for the maximum heat rejection. You may choose to use kits with different types of glass on various sides of your house to take full advantage of passive solar heating, too.

Because you change only the sashes when installing these kits, and not the window frames in the walls, the windows still match the original ones. This is a real plus if your budget allows for upgrading only several windows at a time. It also retains the original appearance of historical buildings.

Tilt-in sash kits usually include upper and lower efficient sashes, vinyl channels, balance springs (to make them stay open), clips, tilt-in pivot cams, parting stops and rubber spacer blocks. Some kits also have foam insulation sections to fill the old counterweight areas.

For the lowest maintenance, choose a kit with an aluminum-clad or vinyl-clad wood exterior. These never need painting. Options for the interior surface of the sashes are attractive natural wood, primed or prepainted custom colors. Some use real oak or cherry on the interior, which you can finish by hand for a rich warm look.

For bathrooms, several types of privacy-frosted thermal glass are available. You may want the lower sash frosted for privacy, but the top one clear for more light and a view outdoors. For a decorative



Do-it-yourself tilt-in super-efficient sash kits

look, choose elegant beveled glass.

If you like a colonial appearance with small divided panes in each window (called divided lites), choose one of many options of grids and grilles to simulate this look. With removable grids, you can change the appearance back to a single pane. Some of the grilles are made of wood and others of no-maintenance aluminum.

The lowest cost window repair option (about \$20 to \$30) is to install only replacement channels and accessories. A power lifter kit includes springs to balance the sashes so they are easy to open and do not slide closed by themselves.

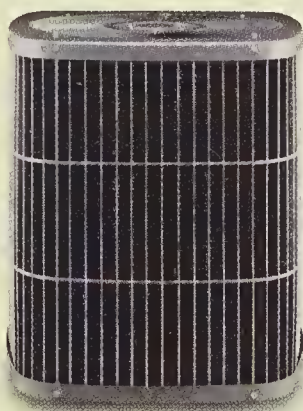
There are also low-cost snug-fitting replacement channels that allow the sash to be easily removed for cleaning. These channels also form an airtight seal against the window to block drafts. Many are made of rustproof aluminum or stainless steel.

Write for Utility Bills Update No. 584 showing a buyer's guide of efficient do-it-yourself tilt-in window sash kits and channels listing frame materials, glass options, colors, features, installation instructions and prices. Please include \$2.00 and business-size self-addressed stamped envelope and mail to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244.

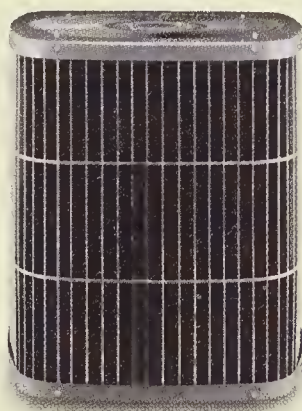
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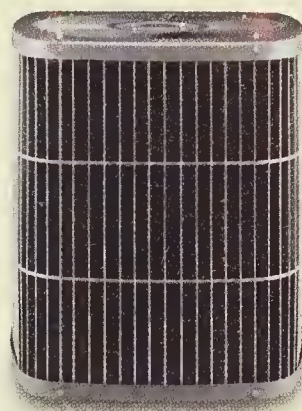
# YOU CAN ONLY SELL ONE THING AT A TIME.



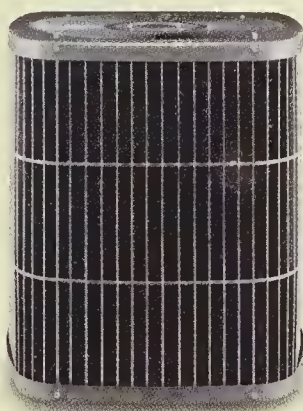
*(Heat Pumps Heat)*



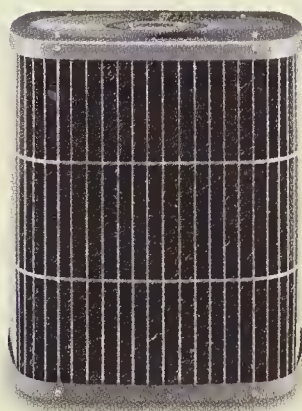
*(Heat Pumps Cool)*



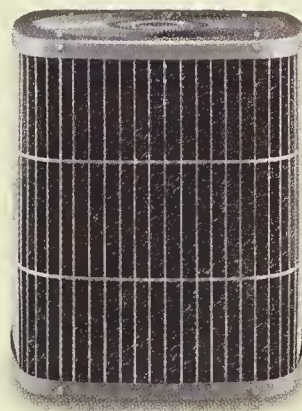
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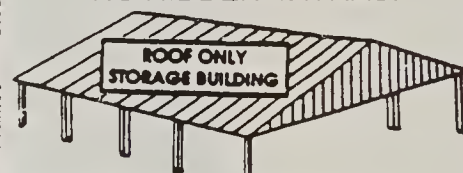
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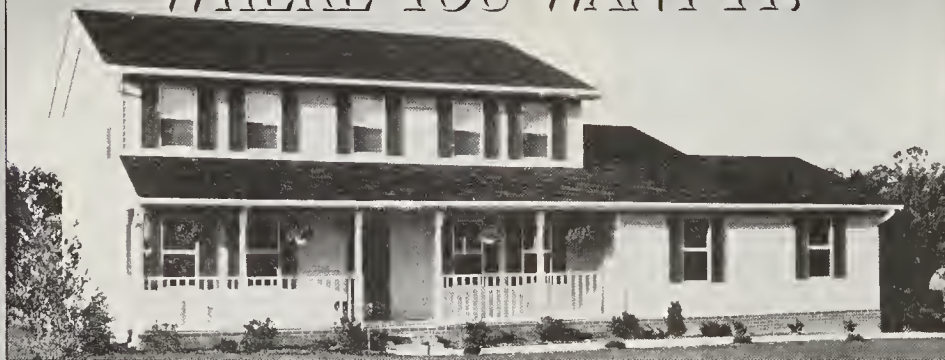


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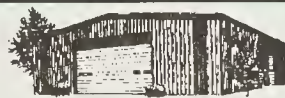
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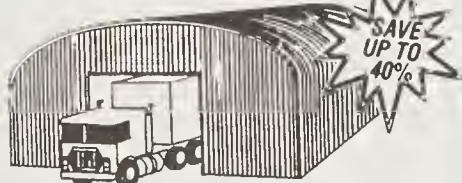
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## Hank's Gardening Guide

While many trees and shrubs are in their dormant season, garden chores can be done during the periods of mild weather between cold snaps. Among these chores are pruning and planting bare-root trees and shrubs, pruning summer-flowering shrubs, cleaning the garden of plant litter, spraying to control insects and diseases if you use chemicals, and inspecting garden tools for any needed repairs.

### Replanting tips

1. Do not move a plant more than 10 feet tall by the bare-root method.
2. Move only deciduous plants by the bare-root method.
3. Prune out at least a third of the top growth of plants because when they are moved, their roots are damaged. A shock to the root system can come even when you use great care in moving.
4. Dig the soil ball large enough when moving a balled-and-burlapped plant. The diameter of the ball should be 10 inches per inch of trunk growth.
5. Apply water to the plant as it is set into the hole to ensure close contact between roots and soil and to drive out air pockets.

### Pruning deciduous shrubs

Late-blooming deciduous shrubs such as crape myrtle, althea, butterfly bush, roses, Japanese honeysuckle, three of the spireas (Anthony Waterer, bumalda, douglasi) and hydrangeas (except oakleaf and French types) usually bear flowers on growth made during the season. These shrubs should be pruned as needed in winter or very early spring in order to keep them in bounds. Spring-flowering shrubs should not be pruned until after they have bloomed.

### Feed pansies

Lightly apply fertilizer to established pansies, which are popular winter-bedding plants. Use one pound of complete fertilizer per 100 square feet of bed area. Repeat application every four to six years.

### Green lawns

If you have overseeded with annual ryegrass in order to produce a nice lawn, fertilize now to keep your lawn green and attractive during the cool months. Mow regularly to maintain your lawn's neat appearance.

### Holiday plants

If you take care of them, Christmas and New Year's plants including cyclamens, gloxinias, and Jerusalem cherry will provide beauty and color well into January. Many of the new poinsettia varieties will hold their colorful bracts for several weeks after the holidays. If you should be among the many who do not feel that poinsettias should be pitched the day after Christmas or that an Easter lily should be discarded on Easter Monday, then take

### Winter watering

Keep in mind that plants — especially newly-set plants — need water during winter months. There is a tendency to assume that plants have enough moisture during cold weather. Some folks are under the impression that, as long as the sky is overcast or the temperature is low, it is unnecessary to water a garden. A cold dry wind is very damaging to all plants because it removes moisture from the soil and plant tissue. The only way to know when a plant needs water is by the actual condition of the soil in which it is growing. When in doubt, scrape away a few inches of soil. If the soil is dry, artificial watering is needed. Newly-set trees and shrubs especially need watering to maintain enough moisture.

### Consider foliage plants

Use a foliage plant to accent the living room or den of your home. Nurseries, florists and garden shops offer a wide selection of foliage plants during winter.

Selecting a plant that will adapt to any home environment is the most important consideration. Miniature palms, scheffleras, philodendrons, cordylines, ferns, dracaenas, and differbachias are well suited for any home. These plants will withstand indoor growing conditions better than most other types of plants. Since conditions inside most homes aren't conducive for proper plant growth, buy the plants that are already large enough to perform their intended job. By manipulating the growing conditions, plants can be held at proper size for several years. This means regulating the light, heat, moisture, fertility, soil and humidity of the plant. When chosen carefully, plants can be used for any situation. If you select several plants, group them together for a strong visual impact.

### Shrubs for shady spots

Only a limited number of shrubs can grow in the shade. Krume azalea is a low-growing type (3 to 5 feet) which will thrive on a few hours of sunshine daily. Dwarf Yaupon holly will tolerate broken shade and be kept pruned at 3 to 5 feet. Upright Yaupon grows 15 to 20 feet in height.

Mahonia (hollygrape) will grow in a shady spot, but it prefers 3 to 5 hours of sunshine daily. Aucuba is well adapted to the shade. It eventually reaches 12 to 15 feet but can easily be kept pruned at 5 to 6 feet. Aucuba variety Nana is a dwarf form that reaches about 2 feet in height. Abelia likes the shade and can be kept low, but it grows fast and needs several prunings each summer.

notes. The poinsettia should be kept moist but not overly damp. Give the plants as much sunlight as possible, supplemented by artificial lamp lighting, and they will reward you with several weeks of color. The Easter lily can be planted in the garden to rebloom in August or September. Christmas azaleas are too tender to set outdoors, so wait until the frost is past. In the meantime, keep plants well watered and in a cool spot.



**Answer to Joyner**  
from page 26

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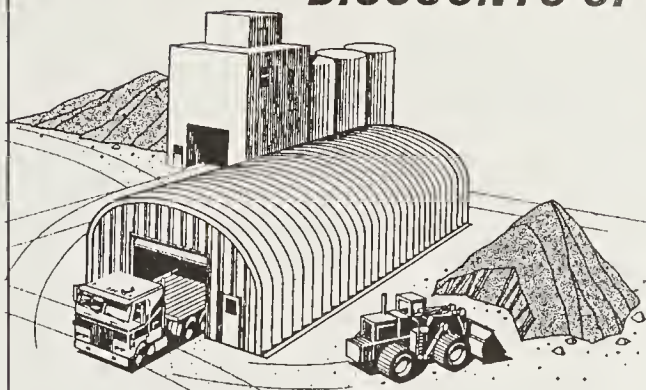
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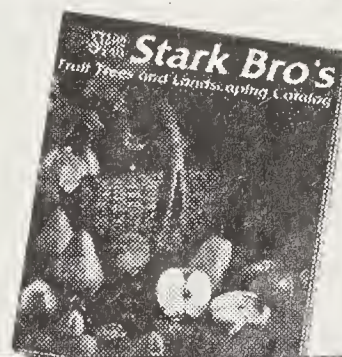
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## Handicapped parking: no wheelchairs required

When I wrote about motorist misbehavior in the September issue, I asked readers to add their two-cents' worth on the subject so we could compare notes on the highway pet peeves that annoy us most.

Within a few days after the magazine when into the mail, Carol Selvey of Indian Trail was on the phone, taking me to task for one of the items on my list of pet peeves: "Healthy, able-bodied people who park in handicapped parking spaces — even if they do display an official handicapped placard."

Selvey's response: Don't condemn someone who parks in one of these spots just because they might appear to be healthy! Some of them may seem fine to the casual observer even though they suffer from severe hidden handicaps.

I explained that I was trying to put a guilt trip on healthy people who use handicapped spaces simply for convenience, perhaps forcing handicapped drivers to fend for themselves in finding a place to park.

"I included this in the column because I thought it might make healthy people think twice about it before they use these spaces in this way," I said. "I would never question anyone's right to a placard or their right to park in a handicapped space!"

Obviously that wasn't clear to Selvey and two other readers who later wrote to express their anger over the issue. All three thought I would presume to act as a gatekeeper for these spaces, waving off drivers I considered too healthy-looking to deserve such a spot.

Martha Miller of Statesville strongly admonished me to avoid judging people "by appearances." She, too, pointed out that many motorists have serious conditions that never show up except in a doctor's examination.

"I am only 49 but a diabetic," she said, "and I have been diagnosed with congestive heart failure — neither of which can be diagnosed by looking at me. And yes, I do have a doctor-recommended handicapped placard, which I use on those days that I cannot walk without chest pain."

Meanwhile, Virginia Hurema of West End also wrote a note, pointing out that she looks quite healthy even though she has lupus and "should not be in the sun." She keeps a handicapped placard in her car so she can avoid "walking across sunny parking lots."

She recalled doing so once when another driver saw her getting out of her car and yelled, "Hey, lady! Where's your wheelchair?"

"I was very embarrassed and then mad at the same time for having to defend myself. Please educate your readers and yourself to correct this attitude."

Carol Selvey, a victim of multiple sclerosis, has also endured many nasty

looks and harsh words from unkind bypassers who thought she was healthy and had no business using a handicapped space.

In fact, she found this so unpleasant that she would often bypass the handicapped spaces even though it would be more difficult for her to walk from the closest available standard space.

"Many people with MS and other conditions look fine but still need to use these special parking places," she said.

One of the problems for MS victims, she added, is a debilitating fatigue, which can overwhelm them with a sense of tiredness. They may look fine but they feel so exhausted it is difficult for them to even move. This and other hidden conditions can set these victims up for intense frustration and anguish when other people encounter them with skepticism and mistrust. It adds insult to the injury they've already suffered, Selvey said, adding that this is a major problem for many MS victims.

Kaye Gooch, chapter services director with the Eastern North Carolina Chapter of the National MS Society, agreed: "When a person is experiencing symptoms, but looks fine on the outside, this can be a very stressful situation for the individual in all aspects of his/her life." Negative responses to such hidden conditions can stir self-doubts and damage self-esteem, often making a victim wonder if the illness might be imaginary. As a result, Gooch said, the society offers MS patients a program called "But, You Look So Well . . ." to help them deal with this issue.

For more information about this and other aspects of MS, you can write to Kaye Gooch at the National MS Society, 3725 National Drive, Suite 125, Raleigh, NC 27612-4879. Or call her office toll-free at 800 FIGHT MS.



## Wondering what you missed?

My November column about winners in the 1996 Bulwer-Lytton Fiction Contest ended rather abruptly when two lines of type were dropped from the final paragraph. It was the winning entry in the Romance Writing category of the contest, which recognizes examples of "the worst possible opening sentence for an imaginary novel."

Just in case the error left you wondering what you missed, here's the entire entry:

The flash of lightning startled her — making her breasts heave, and in that instant of white light she thought of how M\_\_\_\_, her young lover from the estate's cheese works, had so marveled at the creamy globes so delicately laced with blue veins that he had called the one Blue and the other Stilton, and she reflected that she would never hear those sweet words again — at least not in that context, for come tomorrow she would be Lady Vile-Conundrum.

— D. J. Pass, *Prospect*, Nova Scotia



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½ cup melted margarine



Combine first three ingredients. Mix well. Form into a ball. Place on a sheet of wax paper and flatten into a rectangle.

Spread with stuffing made as follows: Sauté chopped celery and onion in melted margarine. Pour over 4 cups stuffing. Add enough canned milk to make a soft stuffing.

After spreading with stuffing, roll up like a jelly roll and carefully transfer to 9-inch by 13-inch pan, seam side down. Pour 1 can of cream of mushroom or cream of celery soup over top of meat loaf and bake at 350° for about 1½ hours until done. (Serves 6-8)

*"This has been a favorite  
in our family for many  
years."*

*— Edna Rath*

### Want to share recipes?

If you would like to share a recipe with Carolina Kitchen, send it to Recipes, Carolina Country, P.O. Box 27306, Raleigh, N.C. 27611.

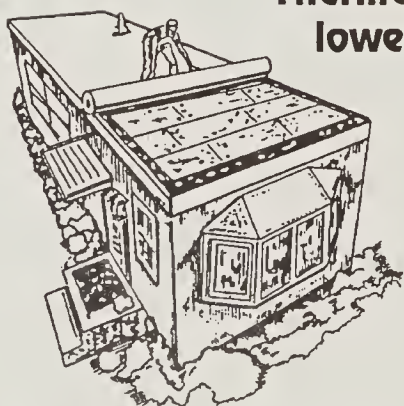
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# Vinegar Can Be Used For WHAT?

**CHICAGO (Special)** - Research from centers around the world report

what ancient healers knew thousands of years ago -- *that vinegar is the wonder elixir for a healthier life.*

Since ancient times a daily dose of apple cider vinegar has been taken to control appetite and maintain well-being.

Even Japan's feared Samurai warriors of years ago relied on a vinegar tonic for strength and power. A tonic you can make in your kitchen.

*Today, countless reports and scientific studies praise the curative and preventive powers of vinegar as part of our daily diet.*

And now after long research, for the first time, over 300 vinegar super-healing home remedies and recipes have been gathered by noted natural health author Emily Thacker in her exclusive new book, *"The Vinegar Book."*

It's the most complete collection since the discovery of vinegar 10,000 years ago.

You'll learn how to control your appetite to lose weight with a meal-time vinegar cocktail.

Find trusted home remedies to beat colds, ease painful arthritis, and other joint diseases.

Vinegar is nature's own drug-free anti-inflammatory.

Scientific tests show organic vinegar is a natural storehouse of vitamins and minerals, including beta carotene -- over 93 different components -- to fight what ails you.

More than 70 different research studies have verified that *beta carotene lowers the risk of getting cancer and it boosts the body's immune system.*

*When fresh apples are allowed to ferment organically, the result is a vinegar that contains natural sediment with pectin, trace minerals, beneficial bacteria and enzymes.*

And pectin helps your body reduce cholesterol levels to lower the risk of cardiovascular disease.

*"The Vinegar Book"* will amaze and delight you with 308 natural ways to enrich your personal life and home. Time-honored folk remedies that show step by step how to mix vinegar with other kitchen staples to:

- Improve your metabolism
- Aid digestion
- Help lower cholesterol
- Uses for middle ear problems
- Condition problem skin
- Fight age and liver spots
- Gain soft, radiant skin
- Amazing hair treatments
- Relieve nighttime leg cramps
- Soothe sprained muscles
- Fight osteoporosis with calcium
- Help headaches fade away
- Corn and callus relief
- Aid to maintain health
- Skin rashes, athlete's foot
- Relieve insect bites
- Remedy for urinary problems
- Use for coughs, colds
- Destroy bacteria in foods
- Heart and circulatory problems
- Fight high blood pressure

And the above is only a brief sample of the 308 uses for vinegar you'll learn about.

You'll know how grandma's recipe for her famous pie crust depends on a spoonful of apple cider vinegar.

How a combination of vinegar and fruit juices relieves arthritis symptoms and other aches and pains.

Try a delicious low calorie, calcium-and-iron rich chicken soup and vinegar recipe.

Combine your favorite herbs with vinegar to create tenderizers, mild laxatives, mouth washes, tension relievers, and mouthwatering tasty salad dressings and more.

Of course, we all know the cleaning power of vinegar. But Emily Thacker's research has uncovered a host of new moneysaving ways to keep your home, laundry, clothing, brass, copper and other possessions

sparkling clean. And with less effort.

You'll also delight in making and bottling your own special vinegars. It's so simple to follow Emily's recipes. Homemade vinegars make such wonderful gifts. You could even end up selling your creations to food and gift shops.

And get ready for many compliments when the family and friends bite into those delicious pickle treats you make.

**Yes, 308 remedies and recipes are yours to enjoy on a no-risk trial basis for 90 life-improving days. Imagine, three full months without obligation to keep this exclusive, one-of-its kind book.**

*When you read it you'll say: "Is there anything that vinegar is not good for?"*

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